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Carmel Valley Sun

FREE

November 28, 1984 — December 11, 1984

To burn or not to burn. How do you stand

— Page 3

Running? Tips to avoid potential problems

— Page 20

Hop up on 'George'. NE Walker did in Jordan

— Page 6

LETTERS

Letters to the Editor are welcome from our readers. They must not be more than 250 words, and if possible, typed and double spaced. We reserve the right to edit, discard or return to the sender any letter which does not meet the standards of length or good taste. All letters must be signed legibly and include address and telephone number.

Thanks So Much

Thank you so much for your help in publicizing the Monterey County Symphony Guild's 1984 B-Sharp Follies.

Your generous support in helping to sustain our remarkabe symphony is greatly appreciated, and we should like you to know that twenty thousand dollars was realized from this project.

Lucille Huntington
Kern Posey
Co-Chairmen

They Have Misled The Public

The Water District has grievously misled the public with respect to the prosect of future rationing should the Board continue to delay construction of a new small dam. Previous staff computations available to the public and the Board have indicated that significant rationing would be required only in a severe draught such as that in 1976-77.

However, a recent independent audit of those computations has revealed a gross error. The great decrease in capacity to pump from the aquifers as the water table declined, which was discovered in 1976, was not included in the calculations. A few may remember that the cause of rationing in 1976 and 1977 was not that the aquifers were dry; a full year's supply still remained in Carmel Valley at the end of 1977. The problem was that, due to the lowered water table, the pumping rate was unable to meet the daily requirements.

When this act is taken into account, revised computations indicate that, with the presently allocated water supply, the degree of rationing in a repeat of 1976-77 would be even greater than was imposed than. Further, contrary to previous history on the peninsula, if past rainfall patterns were repeated, water shortages requiring mandatory rationing would, on the average, occur in one year out of six.

The numbers now confirm the common sense of the majority of area residents. Perhaps the Water Board can now find the concern and muster the will to proceed without further delay to the only known immediate solution to the water problem; The new small dam on the Carmel River.

Edwin Lee

I Approve

I wanted to give you a big "Thank you!" for all your fine writing regarding our Psychic Fair, plus all our other announcements. Thank you! I really appreciate and approve of how well presented the *C.V. Sun* (and its new sections) is...It is looking good, and smacks of truly a community-based and cared for local newspaper. Go for it!

Danielle Judge

OOPS

There were several by-lines that got left off in the last issue and we would like to give credit here to those who put their time and efforts into articles and such.

Elaine Taylor did not receive credit for her article on "Star Wars" Debate Continues...which appeared on page 18. Also not receiving credit for her article was Mary Tesoro who wrote Snowball's Agony on page 19.

Most left out was photographer Debi Effron. The pictures she did not receive credit for were: The cover picture of the men at the turkey shoot, the pictures of Vera Stokes on page 3, Karin Strasser-Kauffman who appeared on page 4, The Red Cross photo on page 5 and the picture of Marsha Kading-Kelly on page 14.

We profusely appologize for these omissions especially since they all put a great deal of effort into their contributions to the paper.

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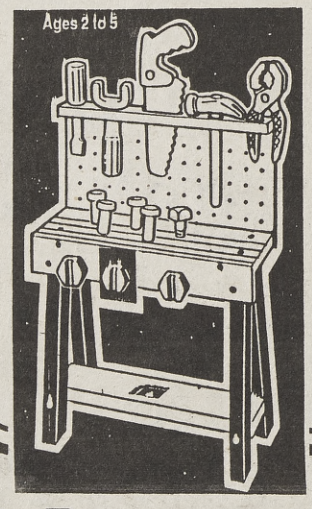

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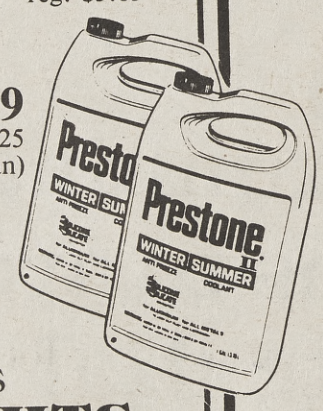

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Revised Regulations For Open Burning Will Be Discussed At Meetings

Due to increasing controversy over open burning, the Monterey Bay Air Pollution Control District has scheduled public workshops and hearings regarding regulations over the issue. Currently District staff is proposing to ban open burning in smoke sensitive areas such as Carmel Valley on parcels less than one acre in size.

To solicit further public comment and to explain the proposed changes on Open Burning regulations, the APC will hold a public workshop on Wednesday, December 5 at 7 p.m. The workshop will be held at the Carmel Middle School Library. This workshop will precede the District Advisory Committee meeting which is a public meeting to be held in Salinas at 1:30 p.m. on December 6 in the Multipurpose Room, Monterey County Health Department, 1270 Natividad Road, Salinas. The public hearing set by the District Board of Directors will be held at 1:30 p.m. on December 13 in the Watsonville City Council Chambers, 250 Main Street, Watsonville.

Open burning became an issue in 1983 when the District received a public complaint alleging adverse health effects and general nuisance from permitted open burning of potential fire hazards. Investigating the complaint the Air Pollution Control Officer issued a December 23, 1983 memorandum to all area fire protection agencies that addresses open burning to abate a fire hazard. During his investigation, it appeared to the APCO to be prudent to initiate regulatory changes.

Regarding regulatory changes public hearings on the issue were held in April and July. Opinions expressed at these meetings covered the whole range of sentiments from all burning should be allowed to no burning whatsoever should be allowed.

Recently the Carmel Valley Fire Prevention District Board of Directors issued a statement on the proposed regulation changes. According to Fire Chief Bob Heald, the Board is opposed to banning open burning on lots under one acre.

Heald said the Board feels "burning is a very necessary part of fire prevention as far as a rural community goes."

"If people can't burn their brush they can't afford to haul it away and won't get rid of it. The brush will accumulate and create a greater number of fire hazards or problems."

Heald said the Board doesn't think the ban on smaller acreage would be fair and he cited the circumstance where a parcel under an acre could be next to a parcel over an acre. One would be able to burn and the other wouldn't even though they are in the same area.

All of the scheduled workshops, meetings and hearings are open to the public.

Photos by Debi Effron.

Willow Planting Project On River Begins

The Monterey Peninsula Water Management District is in the process of conducting a "Willow Planting Project" along a portion of the Carmel River, upstream of the Narrows. With the assistance of the California Conservation Corps., approximately 7,000 lineal feet of riverbank will be planted with willow stems.

The establishment of native vegetation on and along the riverbanks is a high priority of the Carmel River Management Program and the Monterey Peninsula Water Management District.

Supervisor Peters Calls For Citizens To Serve On Cachagua Advisory Committee

Fifth District Supervisor William Peters is seeking applicants to serve on the Cachagua Area Master Plan Citizens Advisory Committee. Volunteers who live in the Cachagua Master Plan area and who have land use planning, architectural, building, or other relevant backgrounds should contact the supervisors office at 1200 Aguajito Road, Monterey, CA. Applications will be accepted through December 12th.

For more information call 649-6515.

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Carmel Valley Sun

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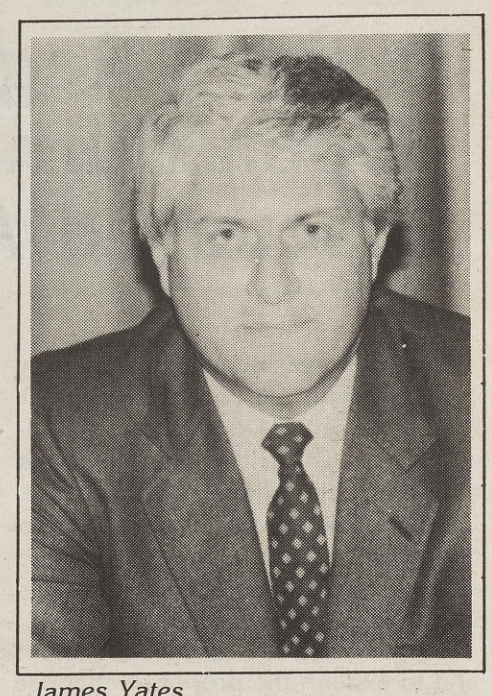
The Cover

N E Walker on her camel in Jordan. You just never know where she'll be looking for trash.

Robert Fenton

Susan Bromfield



James Yates

Photos by Debi Effron.

The "Facts" Are Surfacing Regarding CUSD Recall Efforts

"Statements of the facts" continue to surface as efforts to recall three Trustees of the Carmel Unified School District Board take form.

Members of the Recall Committee have issued a seven page "Statement of Facts" as an answer to the charge that their reasons for recall are "vague". According to the statement, the recall of board members Susan Bromfield, James Yates and Robert Fenton are based upon five charges: 1) That they have inappropriately assumed responsibilities of administration; 2) That they have neglected their role as educational policymakers; 3) That they failed to seek and utilize the input of professional staff, faculty and parent groups prior to making major decisions; 4) That they acted as individuals, not as part of a deliberative body; and 5) That the consequences of Fenton's, Bromfield's and Yates' misconduct have been extremely destructive.

On the consequences and risks to education, the committee stated that the three participated in meetings in which staff, parents and students have been insulted and demeaned. "On some occasions participants have been acknowledged with sarcastic forms of address and with inappropriate jokes and comments. Some participants who have sought the attention and interest of the board have not been responded to at all," the committee stated. It continued, "Where responses have occurred, they have often included finger pointing, and insulting indications that time is more significant to the board than public input."

The recall committee felt that the board's failure to resolve teacher negotiations with an adequate salary increase has sapped morale. "Previously teachers were motivated to volunteer their time and effort for unpaid activities, such as School Site Council. The current inability of School Site Councils to function means that parents no longer have open this channel of communication," they stated.

Throughout their statement, the recall committee cited a Management Team Report which was issued in June of 1984. (See the October 17 issue of the *Carmel Valley Sun* for details on the report). Statements from the report backed up their charges against the three trustees.

Though many feel the recall action was prompted by the resignation of District Superintendent William Rand, Committee spokesman, Dick Stott said it was only the incident that touched off the recall. He said members of the committee are diverse and have various concerns regarding the District. Rand's resignation, he said, was what opened people's eyes to what's going on and again, pointed out the charges that were listed in the committee's "Statement of Facts".

Rand's actions, which have recently been under fire by Ms. Bromfield were supported by the committee in their statement. Also supporting Rand's actions was a twelve page statement from Trustee Doyle Clayton.

"During the past few weeks I have received numberous phone calls and questions about the accuracy of the statements in the press as they relate to the Carmel School Board controversy. I have compiled the following facts and offer a few of my own opinions so that the public can make an accurate assessment of the current issues," Clayton wrote.

He continued with "The 'statements' I am responding to, are the printed statements of Mrs. Bromfield exactly

Continued next page.

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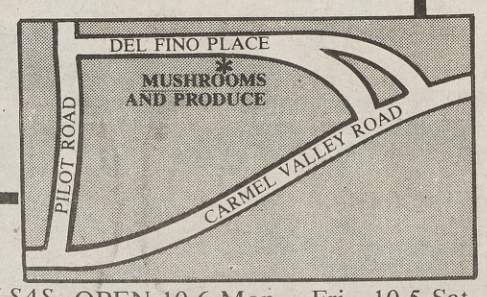

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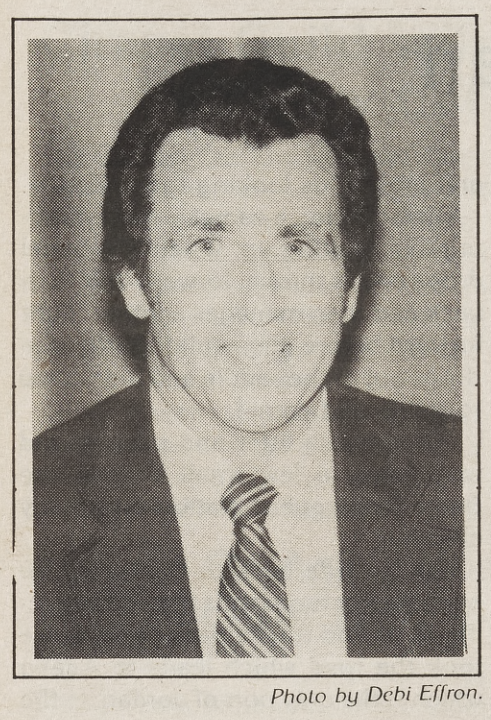


Photo by Debi Effron.

CUSD Trustee, Doyle Clayton responds to Susan Bromfield's statements

Recall Statements

continued from previous page

as they appeared in the October 25, 1984 issue of the *Carmel Pine Cone.* I make no claim as to how accurately these printed statements represent what Mrs. Bronfield said; I am only responding to the printed statements as they appeared in the *Carmel Pine Cone.*"

In response to Ms. Bromfield's claim that Rand did not carry out some of his administrative duties such as review, revision and update of board policies and procedures, Clayton wrote: "The total revision of the 'Board Policy Manual' was never a high priority of any Board during Bill Rand's administration. On the other hand, policies have been revised and others developed when specific needs have been identified by either the Board or administration." He cited some of the more important policy changes that had been directed which included classified management and confidential employees—professional growth, staff development, student discipline, emergency procedures and disaster preparedness plans, and pupil transportation fees.

Ms. Bromfield claimed that disposal of surplus sites were not handled properly. In response Clayton wrote: "The Board, not the Superintendent, makes decisions on the disposal of surplus school sites. Mr. Rand was hired to administer the educational programs of the C.U.S.D., he was not hired because of his expertise in real estate." He cited the actions which were taken by the Board and by Rand and concluded with "These attempts to market the district's unused sites were the result of Board action. If someone finds fault with these procedures they should blame the Board, not Mr. Rand."

Ms. Bromfield said she was disappointed with how the seven-period day was implemented and stated the trustees were under the assumption that they would not have to spend that much money ($100,000) to implement the program. Clayton's response showed that Rand implemented the seven-period day according to district regulations. "There are several ways to implement a 7-period day, some cost money and others require impacting the working conditions of employees and therefore are subject to negotiations.

"The Board, on June 19, 1984 voted to direct the Superintendent to provide a 7-period day at Carmel Middle School for the 1984-85 school year. The District, during negotiations, tried to negotiate for teachers to teach six classes per day at the Middle School. With money being in short supply this year, the District was unsuccessful in its efforts to negotiate this item by the time school opened in September. Therefore, the administration had no alternative but to implement a 7-period day at an estimated cost of $100,000."

Other charges by Ms. Bromfield against Rand included public relations (adding to a poor image by not responding to letters), employees (who were on call evenings and weekends) using district vehicles, staff and students not receiving deserved board recognition, neglected maintenance...Clayton's response to the charges and supportive facts showed no wrong-doing on Rand's part. The only charge against Rand Clayton could not defend was Ms. Bromfields charge that the board was never informed when the key administrators were to leave for vacation. He responded "This is an area of communication that needs to be improved."

It appears the recall issue will not be settled soon. According to Registrar of Voters, Ross Underwood, the Committee has until February 28 to collect 3,463 signatures from registered voters within the District to initiate the recall election.

The Recall Committee will not release the number of signatures they have collected, but Stott said they have set internal goals and are "comfortably ahead" of them.

Trustees Clayton and Patrcia Condren have not been included in the recall process. According to Stott "they support the policies we support" which they, unlike the recall subjects, have indicated in their voting and attitudes.

Photo by Debi Effron.

Is this all Christmas mail? Probably not, but Postmaster Terry Williams and his staff are ready for the holidays and offered some helpful hints for package mailers.

Christmas Mailing Tips

With a little bit of care, holiday cards and packages can arrive on time and in good shape, says Postmaster Terry Williams.

In addition to shopping and mailing early, customers are urged to properly address cards and packages with the name, house number and street (or post office box) number, and the city, state and ZIP Code reserved for the last line. Use of apartment numbers is encouraged.

"It is also a good idea to put a slip of paper with the recipient's name and address and your return address inside parcels, and be sure the addressing on the outside of the parcel includes your return address and ZIP Code," Williams says.

Customers are also reminded to check the size of their envelopes before mailing Christmas and other holiday cards. Letter size standards require that envelopes be at least 3½ inches high and 5 inches long to be accepted for mailing.

Parcels will arrive at their intended destination in good shape if you follow a few simple suggestions:

CUSHION: Make sure contents are well-cushioned and there is no empty space in the box. Use crumpled newspaper around the item—including all sides, top and bottom. Commercially available foam shells or air-pocket padding also are good cushioning materials. Padded mailing bags are a good way to mail small items.

DON'T OVERWRAP: Just use your carton. Brown paper and twine cord are not necessary. Paper can rip, and twine can become entangled in mail processing equipment.

SEAL PROPERLY: Close your parcel with one of the three recommended types of tape: pressure sensitive, nylon-reinforced kraft paper, or glass-reinforced pressure sensitive. Don't use cellophane tape or masking tape—they aren't sturdy enough. It's a good idea to put a slip with the address and return address inside the parcel.

AVOID SMUDGES: Use smudge-proof ink for your addressing.

POSITION ADDRESSES PROPERLY: Put the recipient's address in the lower right portion of the package. Put your return address in the upper left corner of only one side of the package. Remove all other labels.

USE ZIP CODES: Be sure to include the ZIP Code in both the recipient's and your address. Remember, wrong ZIP Codes can delay the mail.

APARTMENT NUMBERS: Using apartment numbers or suite numers, when you know them, helps us deliver mail in large buildings.

TIME IT RIGHT: Mail early in the month and early in the day.

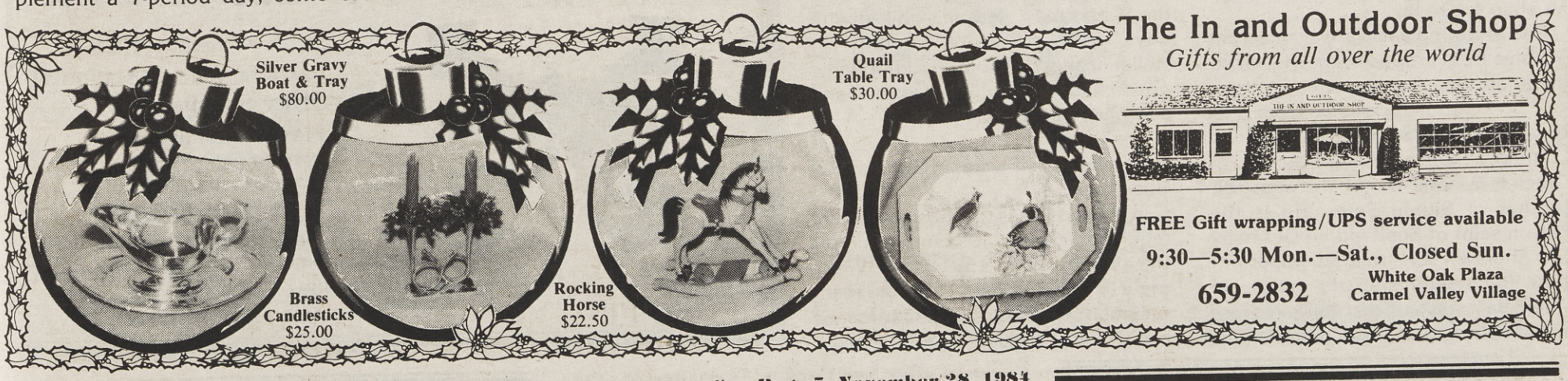
USE THE RIGHT SERVICE: Irreplaceable items, such as cash and other valuables, should be sent by Registered Mail.

IF YOU RUN OUT OF TIME: Priority Mail affords First-Class handling for packages weighing over 12 ounces and up to 70 pounds. Priority Mail can be sent from any post office, station or branch or through rural carriers to any address in the U.S. Delivery of Priority Mail is accomplished in two to three days anywhere in the country. Priority Mail can even be used for foreign mailings.

The service is available with insurance, return receipt, COD, certificates of mailing and Special Delivery. Customers interested in Priroity mail should contact the post office for details.

Next Issue Deadline

November 30



N E Walker Trashes In Jordan

This is a country of change. Sixty percent of the children are sent to college and 40 percent will go to trade school. Construction of houses, a prison down south, roads—everywhere one turns there is building going on. Over at the American Embassy the walls are being reinforced and the doors are now steel. Sandbags form a wall 6 feet thick inside the original walls. Security is heavy.

We were 19 hours on Royal Jordanian Airlines with 1½ hour stops in Chicago and Vienna. Sleeping and eating for that many hours without any exercise can turn one off food but not necessarily off sleep as I have had one or two naps every day since arriving. Jet lag is about over and I am getting up at 4 a.m. instead of 2. I find it easier to just get up and do what has to be done and catch a nap sometime or other.

My first morning here, after my son-in-law, Gordon, had left for the Embassy, Cindy started me off up the road with instructions to look at the hotel now being constructed in case I lost my way...it was quite tall and was visible above the thick fog.

Noticing me looking down Cindy said, "There is lots of trash all over, Mom, but you'll get used to it." She said that to N E Walker! Well, she was only half right...there is lots of trash—ALL OVER, but I'll never get used to it.

Trashing in a foreign country is quite different than Carmel Valley. In Jordan there are no road signs, roads do not go in blocks, and the fog lowered and thickened as I walked on. I noticed the nice sidewalks made of red and yellow tiles. The houses were made of light concrete bricks and had wooden shutters with iron guards on the windows. Soon they all began to look the same. I watched school buses carry children to the Muslim and Christian schools and began to wonder where I was.

Looking up I found a hotel and walked towards it...a traffic light in the distance told me I was way off. Using the highway far below my duaghter's house I finally found the dirt road that would lead me home.

Foregoing trashing for awhile, I must tell about the part of the trip I looked most forward to—riding a camel. We took a run down to Wadi Rum and I faced the camel that would take us into Lawrence of Arabia's old stomping grounds. Camels are magnificent creatures and George, my transportation, after awhile didn't growl at me when I approached him...he never stopped the ferocious and yet pitiful roar when he had to kneel down and accept a stranger on his back however.

There were about 50 of us (from several neighboring countries and Jordan), most on their first trip.

Getting on a camel is easy. (The hard part comes later). The guide (and usually owner) holds the camel's head down while the riders get on. Some camels in training have to be held by a couple of guides. Our camels were older and very well behaved.

While my guide held George's halter I scrambled up between the horns and put a pillow under my rear. Grabbing a horn in each hand I held on for dear life, leaning well back as George unscrambled his hind legs which raised his rear. I flowed towards his neck and before all was lost he raised his front end and I flowed backwards until everything sort of evened out. Then he started out with his lovely walk which rocks one forward and back—on and on.

We rode 4 hours into the desert between ever higher and higher beautiful pink to red to gold rock formations. Upon reaching our camp site we were asked to climb halfway up the rocks on our east and bring in firewood for a fire after supper.

We climbed up and lay on the smooth rock and gazed at the unbelievably cloudless blue sky that was a beautiful contrast to the cliff high above our heads. On our way back we picked up our bits of bushes and piled them between the horseshoe shaped foam rubber pads we put our sleeping bags on. I fell asleep (some thought I must have contracted some disease of sleeping sickness) and had to be awakened for dinner which was heated over charcoal briquets. Rice balls wrapped in grape leaves with a fruit in the center, hard cooked eggs, meat loaf and tiny buttered rolls made quite a feast. Cindy is such a creative cook and she tells everyone I taught her!

After dinner I fell asleep again and awakened when the young Muslim guides and the children in our group began running and jumping over the bonfire (an old Arab custom) Parents began to bring young ones to sleeping bags and I dozed off again.

I awakened at 2 and took a walk behind the bushes and was glad to get back to my sleeping bag. The desert gets very cold in Autumn. This was one night I lay quietly and counted shooting stars and watched for satellites and waited patiently for dawn which was announced by the roar of a camel.

Later in the day I sketched a camel. I remembered how I wanted to hug George and kiss him on the nose as I do when getting off a horse. I also remembered how black and wild his eyes were as he opened that toothy mouth and groaned his directions to me to back off. My guide used to hold his head back so I could scratch his head and ears. Once he even let me feed George a piece of camel bread. George warmed up a bit and although his guide kissed him on the nose I wasn't so brave. It must be a shock for camels to have Westerners who look and smell strange to be in such close relationships.

We had to find our own camel and ride the same one back. One lady was on her third camel before she got one that wouldn't throw her or lie down.

It took us 6 hours to ride back with a stop for lunch at a very beautiful spot that would be under water if one judged by the willow trees. The swifts were epecially beautuful, pale green above and brown under as they sailed over and around us looking for insects.

Dismounting a camel is more thrilling than getting up. When the camel drops one is thrown forward and then back and then manages another flight forward before all is quiet. Stiffly one drops out of the saddle and bids adieu to guide and camel.

All about is litter and poverty and long tents, a few small houses, the Beau Geste guard station and many children.

On our ride back to the house we had literally thousands of trucks coming at us and trucks passing us as we took the road which leads to Aqaba which is the only port of Jordan. In the dusk headlights are blinked to be sure one doesn't pass at the wrong time...they are turned on only when it is black outside. We were stopped with others to have our trunk searched for drugs. We had Cindy's car with military plates as she works for the Jordanian military; If we had been in Gordon's car with Embassy plates we would not have been bothered.

Jordan is an exciting place to be. Beautiful scenery with people from many countries all trying to see as much as they can. Next weekend we will go to Petra which means another drive down that highway towards Aqaba. If we survive the highways we will be sending more news from N E Walker soon.

I forgot to mention that while standing around our desert fire several of us began talking about the trash in Jordan. I found out that girl and boy scout groups go out with plastic bags and bring what they can in...bags are usually filled before they round the first corner. (There are no paper bags over here.) We will get N E Walker written in Arabic when Cindy gets home and see if the Queen is interested in a national solution...Walker shirts for Jordanians who have their consciousness raised!

Masalama
(Go in peace)
N E Walker

Where Did The Advent Calendar Come From

With the golden glow of mellow conviviality surrounding Thanksgiving merely a memory we begin to look forward to the Christmas season. As the days become shorter and shorter, mankind draws closer together for warmth, sharing and to call forth the return of the life giving sun. This is a seasonal celebration which is universal. Our current Christian and Jewish celebrations and traditions are woven into these ancient festivals which have been brought into the Christian Advent Calendar, a slightly different calendar from the Advent Calendars we shop for today.

The following dates are a collection of dates from around the world which make up the seasonal celebrations.

November 30—St. Andrew's Day

Andrew which means 'manly' in Greek, was one of the 12 apostles, brother of Simon Peter. He is the patron saint of Scotland. In Germany St. Andrew's Eve was an important time for looking into the future. In Romania it was said that vampires rose from their graves and haunted the houses where they used to live on St. Andrew's Eve.

December 2 (this year)—First Sunday In Advent

This is always the Sunday nearest St. Andrew's Day and the fourth Sunday before Christmas. Advent is the time of preparation for Christ's coming.

December 6—St. Nicholas' Day

St. Nicholas, a fourth century bishop of Myra, is the patron saint of children, unmarried girls, scholars, merchants, sailors and Russia. This is the first of the Christmas season's gift-giving days, now celebrated mainly in Holland and Belgium. Traditionally, good children are given presents and bad ones punished.

December 12—Fiesta Of Our Lady Of Guadalupe

In Mexico this is the most important religious festival, it commemorates the appearance in 1531 of the Virgin mary to an Indian boy. There are many religious ceremonies and pilgrimages, processions, fireworks and dances.

December 13—St. Lucia's Day

St. Lucia was a fourth-century Sicilian girl martyr. Celebrations with candles and processions take place in Sweden and Finland on this day. The oldest girl in the home arises before dawn, prepares breakfast and serves it to family members, dressed in a long white gown and wearing a glowing wreath of candles on her head. The domestic spirit of St. Lucia, bringer of food and light.

The Advent Calendar will be continued in the next issue.

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Chapel Guild Will Hold Their Annual "Country Christmas Bazaar"

"A Country Christmas Bazaar—With a Touch of Elegance" will be presented by the Carmel Valley Community Chapel Guild on Saturday December 8 in the Johnson Fellowship Hall on Paso Hondo and Village Drive in Carmel Valley. The event is scheduled from 10 a.m. to 4 p.m.

A luncheon of homemade soup, salad bar, ham, bread and dessert will be served from 11:30 a.m. to 1:30 p.m. for only $4.25 for adults and $2 for children under 12 years of age.

The Bazaar offerings include a bake sale, Christmas ornaments handmade needlework, gift novelties and Thrift Shop items. There will also be special musical performances at various times throughout the day.

A Fashion Show of clothing donated to the Church Thrift Shop will be held during the luncheon.

Nursery care will be available between 11 a.m. and 2 p.m.

Alliance On Aging Monterey County Food Bank Will Sponsor Shop & Share Day For Seniors

The Alliance on Aging Monterey County Food Bank and KMBY radio will co-sponsor Shop & Share Day at Del Monte Center on Saturday, December 8th from 12 to 4 p.m. KMBY will be broadcasting from the gazebo at Del Monte inviting their listeners to come down and contribute non-perishable food or money to assist the unemployed, senior citizens on fixed income and low-income families this holiday season.

The Food Bank serves as a clearing house for donated food which is then distributed both directly and through other agencies serving low-income people.

Bob Glick, project director of the Food Bank reports that additional donations of food are needed as seasonal unemployment rises and the high cost of living in Monterey County impacts seniors and others on low incomes.

The increased need for food is occuring in California and throughout the nation as the plight of the poor becomes more pronounced. The non-profit Food Research and Action Center, which monitors federal food assistance programs, reported an increase of more than 20 percent in the demand for emergency food provided by private charities. In San Francisco, soup kitchens are experiencing a huge increase in the call for their services.

Donations can be made at Shop & Share Day, or by calling the Alliance on Aging Food Bank at 372-7843.

Artisans Will Give Thanks To Animals

The seventh annual Christmas Gift Show will be held December 7, 8, and 9 at the Carmel Valley Golf & Country Club. Over 25 different crafts and a raffle will be featured.

The annual event offers artisans a chance to give thanks to the animals and proceeds will benefit The Friends of the Sea Otter, The American Cetacean Society, and the Monterey Peninsula Audubon Society. Among the items offered for sale will be pottery, clothes, stained glass, needle baskets, jewelry, leather items, toys, weaving, hats, dolls, paintings, metal sculptures and wood carvings.

A Wine Preview of the items will be held Friday, December 7, from 6 to 10 p.m. There is a $4 charge for the Wine Preview. Hours for Saturday are 10 a.m. to 9 p.m. and Sunday from 10 a.m. to 5 p.m.

Rippling River Residents Will Hold Their Annual Bazaar On December 9

The Residents of Rippling River are inviting the community to attend their annual Rippling River Bazaar scheduled for December 9 from 10 a.m. to 4 p.m. Items will be displayed in the Craft Room.

Among the items featured for sale will be handmade crafts, baked goods, white elephants and much more. A portion of the proceeds will benefit the Residents Association of Rippling River.

Rippling River is located at 53 East Carmel Valley Road, in Carmel Valley Village. For more information call 659-3141.

Quota Club Honors Woman Of The Year

Bruna Odello was recently honored as Quota Club of Monterey—Pacific Grove's 26th Woman Of The Year. A reception was held in her honor on November 17 at the New Monterey Sheraton. Attending the banquet were many of Ms. Odello's friends and relatives.

Ms. Odello was nominated for the honor by long time friend Irene Sullivan Jackson. What earned Ms. Odello the honor was her long time committment to the community. Among her community projects are the Bing Crosby Golf Tournament, U.S. Open, Walker Cup Tournament, Voting election board, Carmel Foundation, Civic Club, Carmel Convalescent Center, Environmental Health Commission, Girl Scouts, Monterey Peninsula Museum of Art, assisting with senior citizen programs and she also devotes many hours to the Carmel Mission Basilica. Her family is a Monterey Peninsula pioneer family and she has donated much of her land to public use.

Ms. Odello is the widow of Emilio Odella. She has two daughters, Pamela and Carla.

Congratulations to Ms. Odello. Photo by De Cabral.

Poet Jack Fox Recives Certificate Of Merit

Carmel Point poet Jack Fox was awarded a Certificate of Merit for his poem in a recent national poetry contest.

"Samarkand" will be published in *Our World's Best Loved Poems* by World of Poetry in Sacramento, according to Eddie-Lou Cole, Poetry Editor.

Fox, a frequent contributor to regional and national level contests has never won "the big prize," but he has received recognition for his works which attempt to create life's dreams and present them in a highly structured, tightly rhymed, classic discipline.

Mostly reminiscence projected forward but dependent in life, Fox in serious form occasionally departs from the nostalgic to the ludicrous to reject solemnity within seriousness.

"A good poem," he states, "is a carefully chosen method of presenting a thought anyone can call his own. A poem, like life, is conceived in rapture, born in pain, and, if successful, everyone will claim to be the father."

Mr. Fox cautions that poems must be read aloud slowly to be enjoyed. *(Editor's Note: Mr. Fox has graciously submitted "Samarkand" for all of us to enjoy in our "Expressions" section on page ??.)*

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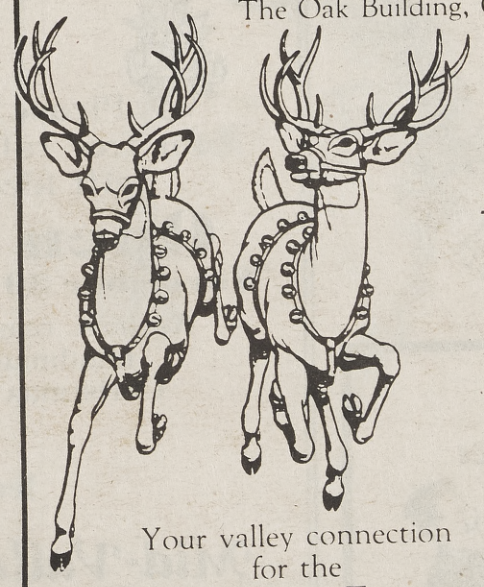

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Alliance On Aging Announces December Meetings Topics

Alliance on Aging meetings in December will present members and guests with a variety of offerings. The Alliance meets every Friday at 11:30 a.m. at the Pacific Grove Community Center.

The offerings begin December 7 with Karen Horn, Ph.D, president of the Cleveland Federal Reserve District. Her topic will be "Banks and International Debts."

"Robinson Jeffers: Life in Carmel" is the scheduled presentation for December 14. George White, Ph.D, President Emeritus Tor House Foundation, is the scheduled speaker.

A special presentation, "Dancing: Ballet, Belly, and Break," is scheduled for December 21. The performance features high school students and community members.

On December 28, the Alliance on Aging meetings will be closed for the holdiays.

For more information call 649-1222.

PWN Schedules Annual Installation Dinner

The Professional Women's Network of the Monterey Peninsula will hold its second annual Installation Dinner on January 22, 1985, at the Holiday Inn, Carmel.

The Installation Dinner replaces the Network's January meeting, and celebrates the installation of The Network's new officers, women who will serve for 1985.

A committee has been set up to work with the Holiday Inn. Committee members are Judy Caswell, Grace Darcy, Sally Nash, Sue Parris, and Candace Snow.

Reservations are required, and may be made by calling 659-3933.

Cooper-Molera Adobe Restoration Will Be Featured In Slide Presentation

What is happening behind the walls of the Cooper-Molera Complex in downtown Monterey? You can find out on December 4th from 7 to 9 p.m. thanks to the Old Monterey Preservation Society and Marcia DeVoe.

The Preservation Society and Ms. DeVoe are co-sponsoring an updated slide program which will be held in the community room of the Monterey Public Library.

The slide show is a two-part presentation. "History of Cooper-Molera Adobe" will begin at 7 p.m. and the "Actual Restoration" will begin at 8 p.m. Admission is free.

Ms. DeVoe who is documenting the restoration process with her cameras is responsible for developing the slide show. So far, she has developed three slide shows on the complex and the restoration project which are available for group programs. There is also a childrens' version for classroom use. Ms. DeVoe can be contacted at 624-3363 for more information on the slide show.

The Old Monterey Preservation Society is also involved in the restoration project and is helping the State Park System unravel the life and times of the people and buildings at the Cooper-Molera complex. They will also be in charge of the retail Museum Corner Store when the complex opens in April of 1985.

PWN Luncheon Will Feature Marriage And Family Counselor

Barbara Licht-Greenberg, a marriage and family counselor, will be the guest speaker at the December 11 Brown Bag Luncheon sponsored by the Professional Women's Network of the Monterey Peninsula at The Crossroads Community Room at noon. Ms. Licht-Greengerg's topic will be, "Easy Is Right: Flow With What's Natural in Life."

Barbara Licht-Greenberg has lived on the Monterey Peninsula for 18 years. She has a Masters degree in Psychology, and is a professional artist and potter. She has taught at Monterey Peninsula College and Antioch University West. She currently is at Esalen.

Ms. Licht-Greenberg was one of the organizers and educators of the YWCA's program for battered women.

In addition to individual counseling, Ms. Licht-Greenberg also does group counseling and all-day workshops.

Network members are admitted without charge; non-member admission is $3. Information is available at 659-3933.

Women's History Meeting Will Be Held December 6

The next meeting of the Women's History Week coalition will take place on Thursday, December 6th, place to be announced. Members of women's organizations on the Monterey Peninsula are asked to participate in this important yearly event. National Women's History Week sets aside a special time each year for schools and communities to recognize and celebrate the lives of countless women of all races, ages, cultures, ethnic traditions, religious faith, and ways of life. Women are honored who have participated in history by living out their lives, whether in ways grandly eloquent or steadfastly ordinary, and by so doing have moved the world and history.

In 1985, Women's History Week will commence on March 2, 1985. Women interested in participating are urged to call Leslie Simon at 375-2940 or Linda Freundlich at 375-3966.

Water Board Will Hold Special Meeting

Chairwoman Nancy McClintock has called a special Board meeting of the Monterey Peninsula Water Management District Board of Directors for Monday, December 3, at 3 p.m. at the Seaside Library. The Board will review the recommendations of the Finance Advisory Committee regarding water supply project financing.

The Board is expected to provide policy guidance to District staff on the text of an urgency ordinance establishing an interim water supply augmentation charge. The urgency ordinance will be considered for adoption at a public hearing scheduled for Monday, December 10, at 7:30 p.m. in the Monterey City Hall Council Chambers.

Chamber Mixer Is Scheduled For November 28

The Chamber of Commerce Serving Greater Carmel/Carmel Valley will co-host a Mixer at the Carmel Country Spa on Country Club Drive, Carmel Valley, on November 28 at 5:30 p.m.

The Carmel Country Spa is owned by Frances Buller and managed by Carl Trigilio, her son. The Spa features fitness programs and diet and beauty consultations.

There will be food and music for the Mixer, and Chamber members and guests are cordially invited to attend.

For more information, please call the Chamber office at 659-4000.

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(Editor's note: Crossword solvers are welcome to write Crosswords PLUS editor Stanley Newman with any questions pertaining to this issue's crossword or crosswords in general. All queries will be answered. Write Stanley Newman, American Crossword Federation, 443 Park Ave., South, New York, N.Y. 10016.)

See Answers on Page 16

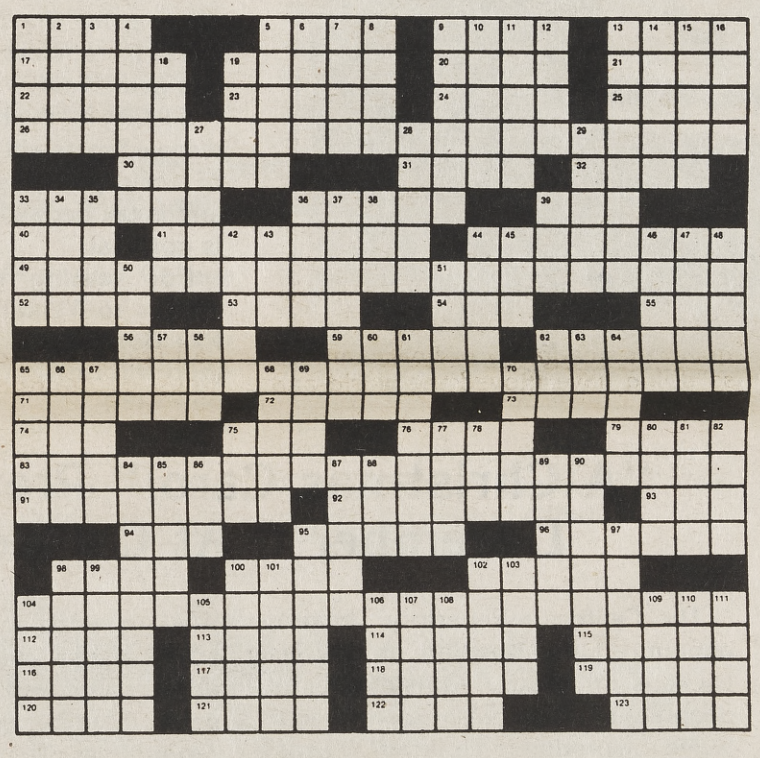
Close Company, by Alfio Micci

ACROSS

1 Templeton
5 Doubt
9 Word for a ranger
13 Haze
17 Quarries of old
19 Name for a lion
20 Word for Yorick
21 Tennis great
22 Bar, at the bar
23 A.k.a.
24 Lease
25 Campus cutie
26 Author-author-composer-columnist-sexologist
30 Dash
31 Like a certain grain
32 Plumbing problem
33 Made an entrance
36 Diversion
39 Here, in Le Havre
40 Resnik's "_____ Wednesday"
41 Actual beings
44 Clean as _____
49 Dramatist-dramatist-actor-contralto-composer
52 Biblical kingdom
53 "_____ Misbehavin'"
54 Japanese admiral
55 Sports org.
56 Lager
59 "What's in _____?"
62 Hidden
65 Composer-conductor-cartoonist-director-baseballer
71 Japanese garments
72 Indiana poet
73 Shankar selection
74 East, to Erhard
75 Glutton
76 Antitoxins
79 "Today _____ man"
83 Composer-President-painter-columnist-actor-comedienne
91 Polish
92 Come in for _____ (approach the runway)
93 Ignited
94 Ms. Scala
95 Spanish town
96 Football coach Dan
98 Gem
100 Grotto
102 Sculptured slab
104 Dramatist-astronomer-boxer-actress-actress
112 Dies _____
113 Opera highlight
114 "One _____"
115 Net
116 Gathering: Abbr.
117 Sugar source
118 Emulate Rosie of W.W. II
119 Actress Berger
120 Border
121 Auld lang _____
122 Fly
123 Board's partner

DOWN

1 Fourth person
2 Misplace
3 Road sign
4 La _____, Wis.
5 _____ mignon
6 Moslem prince
7 Down with, in Dieppe
8 Impetuous
9 Riata
10 Smelly
11 A Reagan
12 Balt
13 Poet Archibald
14 Jones of the Met
15 Valentino role
16 Spreads hay
18 More risque
19 Starch source
27 Genoese grandpa
28 Not as good
29 Spanish hero
33 May or Ann
34 Indigo
35 Talking bird
36 Kenton or Musial
37 Duck
38 Ref. book
39 German pronoun
42 Despots
43 "Lord is _____?": Matt. 26:22
44 Fall bloom
45 Court
46 Belief
47 Defamation
48 Issue, old style
50 Ash
51 Hoar
57 Assam silkworm
58 Em followers
60 Compass point
61 Oceanic
62 Devi, goddess of splendor
63 Annoy
64 Symbol of slowness
65 Undivided
66 Atelier item
67 The two, long ago
68 Threefold
69 Hebrides isle
70 Word form for cereal
75 Snapshot, for short
77 Lab item
78 Actor Taylor
80 "I am monarch of _____ survey"
81 Chow follower
82 Feed the pot
84 Distress
85 Police actions
86 Heredity's helix
87 "La Valse" composer
88 Wallach
89 Over
90 Eternal
95 See 122 Across
97 Deceptive surface
98 Codfish
99 Give _____ (be concerned)
100 Actor Macdonald
101 Strange
102 More reasonable
103 Weight allowance
104 Dice throw
105 Chews the fat
106 Corn units
107 Hodgepodge
108 Popular TV series
109 Boy of Barcelona
110 Division word
111 Joint



Gisla Dewey Has Become The New Executive Director Of Red Cross

Gisla Dewey has become the new Executive Director at the Carmel-by-the-Sea Chapter of the American Red Cross. Ms. Dewey succeeds Jean Snow who retired from the post October 31, after ten years.

Ms. Dewey is no stranger to either the Red Cross or Carmel. She returns to the Peninsula after serving as the Director of Emergency Services at the Fresno-Madera Counties Red Cross Chapter. Ms. Dewey is an instructor in many disaster courses such as "Earthquake Survival", "Art of Helping" classes and "Babysitting". She has had national disaster experience, was a case work supervisor for the Red Cross during the 1982 Santa Cruz mud slides and a mass care officer during the Coalinga earthquake relief operation.

"I've worked for the Red Cross in Monterey previously," Ms. Dewey explained, "so it's basically like coming home. My friends are saying, 'Welcome Home!' With the emphasis on excellence by our National Headquarters, I see exciting possibilities for the Carmel Chapter as well as the whole Red Cross territory. In Carmel, emphasis will be on disaster volunteer recruitment and training in order to prepare for "The big one."

Jean (Mrs. Harold) Snow came to the chapter as executive director in 1974 and oversaw a busy chapter which serves Big Sur and Carmel Valley as well as Carmel. Under Mrs. Snow the chapter joined forces to form the Red Cross/Community Hospital Blood Program, a vital program which serves the blood needs of the Peninsula. Mrs. Snow helped strengthen the safety services and disaster services programs at the chapter, and she led the chapter to a strong record of service to the Carmel area.

Mid-Valley Fire Department Will Hold Their Annual Tree Lighting Celebration

For many residents of the valley, the holiday season begins when the lights on the Christmas Tree high on Saddle Mountain come on.

The Christmas tree was first lit in 1963 by a group of Mid-Valley neighbors spearheaded by Mr. and Mrs. Milt Frumpkin. A lot of time and effort went into the design and installation of a pulley system for the 200 lights, which transform the 50 foot pine tree into the beautiful Christmas tree each year.

In 1976 the Frumpkins asked the Mid Carmel Valley Fire Department to take over the tree as a community project. When they did, they discovered the tree needed a face lift and a work party made its way to the tree, which can only be reached on foot. In 1977 the tree was completely rewired and the light bulbs were replaced. The funds for the tree project come from donations, which the volunteers place in the "Christmas Tree Fund."

Each November the volunteers make the trek to the tree to prepare it for the holiday season which officially begins with the annual Tree Lighting Ceremony and Open House at the Mid Valley Fire Station. This year the Ceremony, which will be on Friday, November 30th, begins at 6:30 p.m. The tree lights will come on at 7 p.m.

Egg Nog and goodies will be served and the public is invited to this get-together for friends and neighbors.

Each year one resident is invited by the Mid Valley Volunteers to be the official Tree Lighter. This year, General Doolittle of the Carmel Valley Manor will do the honors and give the command "light the tree."

Speaking for the Mid Carmel Valley Fire Department, Sidney Reade, "We hope to see you all there and we hope the spirit of the Christmas Tree brightens your holiday."

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New Car Will Be The Grand Prize At Ventana Wilderness/Cal Rep Joint Benefit

How can you get a brand new 1985 Toyota Tercel for $150? By being in the lucky seat at the special benefit performance of *A Christmas Carol* on December 19. The performance is a joint benefit for the Ventana Wilderness Sanctuary and the California Repertory Theatre.

The show, which begins at 8 p.m., will be preceded by a reception at 7:15 p.m. featuring hors d'ouevres and wine.

After the performance, one randomly selected seat will send its occupant home with the 1985 Toyota Tercel which has been donated by Victory Toyota of Santa Cruz. The car is valued at $7,000.

A selection of other door prizes will also be given away. Among the door prizes are two days for two at Ventana Resort, Big Sur, lunch for four at Triples, dinner for two at Fresh Cream, dinner for two at La Provence plus other generous contributions. The drawing for the car and other door prizes is exclusive to those present at this gala event.

Seating for the benefit is limited and reserved seats will be assigned in order of receipt. Admission is $150 per seat and is tax deductible. Black tie dress is optional.

For seating reservations send checks to Ventana/Cal Rep Benefit, P.O. Box 300, Carmel, CA 93921. For more information call Diane Scholl at 659-3222.

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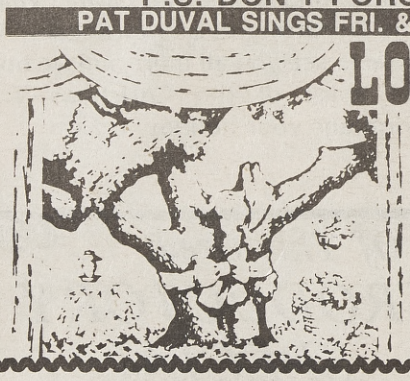

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"A Christmas Carol" Previews December 6 At Cal Rep

The California Repertory Theatre, announced the opening of Charles Dickens' immortal *A Christmas Carol* adapted and directed by Ben Benoit. While the production follows Dickens' famous storyline, this is Cal Rep's own version through Benoit's adaptation, complete with music, song and surprises.

A Christmas Carol previews December 6 and 7 at 8 p.m. and opens to a sold out performance on the 8th. This show will run nightly (except Mondays) at 8 p.m. through December 23 with Wednesday and Saturday matinees at 2 p.m. Tickets range in price from $9 to $13 depending on the day of the week.

The cast includes the Cal Rep resident company of Jarion Monroe as Scrooge, Dana Kelly as Bob Cratchit and young Scrooge, Susan Hegarty in the ghost roles, Karen Lamb as Mrs. Cratchit and Belle, Michael Flynn as Fred (Scrooge's nephew) and the Undertaker, and introducing Barbara Lane as Mrs. Fred and the Charwoman.

Also included in the cast are four adults and six children from the local area; respectively, Morgan Stock, an equity member seen in last season's production of *Man and Superman,* Patricia Cullen, also seen in *Man and Superman,* Ken Hicks, a veteran local actor, and Jeff Hudelson, also seen in numerous local productions. The six children include Tina and Eric Baldwin of Salinas, Jennifer Miller of Moss Landing, Jason Bates and Dean Winston of Pacific Grove, and Elizabeth English of Pebble Beach.

The lavish set has been designed by Cal Rep's Cathy Johnstone, and the numerous period costumes designed and constructed by Ellen Peters of Marin County. Special masks have been constructed for the ghosts by well-known mask maker Juanita Wolff.

For tickets and reservations, call 372-4373. Cal Rep is located in the American Tin Cannery building at 125 Ocean View Boulevard in Pacific Grove.

Seniors Are Invited To Join White Elephant Sale

Seniors, 60 years of age and older, are invited to bring their white elephants and arts and crafts items to sell at Seaside's Multi-use Center, 986 Hilby Avenue. This special event for Peninsula seniors will be held December 5 from 9 a.m. to 11:30 a.m.

A roast beef dinner will immediately follow the sale. A 75 cent donation for dinner is suggested.

The sale and dinner is sponsored by the Alliance on Aging's Senior Nutrition Program. Reservations are required and may be made by calling 899-6270 Ext. 639, ask for Patty.

College Players Will Present "Cole"

The Monterey Peninsula College Players will present the play *Cole,* based on the words and music of Cole Porter, beginning Thursday, November 29, at 8 p.m. and continuing through December 15 in the MPC Theatre. Friday and Saturday performances will be at 8 p.m. and Sunday matinees at 2 p.m.

The musical revue of the songs and life of Cole Porter is being directed by Sid Cato, known for his recent direction of the MPC production of *Oh, Coward!,* and for a number of acting credits at MPC and around the Peninsula.

The narration portrays Porter during his progress from Yale to Paris to Manhattan to Broadway to Hollywood and back to Broadway, through the musical accompaniment of classical such as "Wouldn't It Be Fun?" "Another Op'nin, Another Show," "I Love Paris," "Night and Day," "Anything Goes," and "I Get a Kick Out of You," The play was authored by Benny Green and Alan Strachan. A chorus of five men and five women will perform in song and dance.

Tickets are $6 general admission, $4.50 for students, seniors and military, and $3 for children under 12. For reservations and information, contact the MPC Box Office at 646-4213.

Fort Ord Caberet Will Feature 40's Salute

Once again, the stars of the 1940's sparkle in a musical review at the Fort Ord Cabaret Theatre this Christmas season. *Hit Parade—A Salute To The 40's* is a nostalgic trip down memory lane, featuring the finest of 40's music. "Lena Horn, Mickey Rooney, Frances Langford, Rosemary Clooney," and many others are presented, as well as that unforgettable comedy team, George Burns and Gracie Allen. Hits from the 40's Broadway smashes, *Finian's Rainbow* and *Kiss Me Kate* round out the evening of the era's hottest songs in the style of the stars that made them great.

Hit Parade—A Tribute To The 40's opens November 30, and runs Fridays, Saturdays, and Sundays, through December 16. The show begins at 8 p.m.. Fridays and Saturdays and at 7 p.m. on Sundays. Admission is $3. The Fort Ord Cabaret Theatre is located on 4th St. and 4th Ave. behind the Beiter Dental Clinic. For reservations or information call 242-6337.

MPC Film Gallery Will Present "Now, Voyager" Starring Bette Davis

The Monterey Peninsula College Film Gallery will present the 1942 film *Now, Voyager* on Friday, November 30, at 8 p.m. in the MPC Music Hall.

In what is considered one of her most memorable film roles, Bette Davis portrays a repressed spinster who eventually overcomes her problems through the help of her doctor (Claude Rains). On a cruise, she meets the romantic Jerry Durrence (Paul Henried), a man tied down to a sickly wife. They fall in love, although both realize the impossibility of total fulfillment.

General admission to the film is $3. For information, contact MPC Community Services at 646-4051.

April Brannan Will Be Featured In MPC Dance Performance

"April in December," a dance concert by April Brannan, will be presented by the Monterey Peninsula College Dance Department on Saturday, December 1 at 8 p.m. and Sunday, December 2 at 3 p.m. in the MPC Dance Studio.

The program will include five solos by Ms. Brannan, plus a number of pieces by guest performers Therese Adams, Kiera Coffee, Nancy Lee, Leslie Swaha, and Janet Walker. The concert's finale will be a new duet for Christmas performed by Ms. Brannan and Ms. Walker.

Among featured solos will be "Theme and Variations," a witty piece accompanied by Randy Newman's "I'm Different;" "Real Life," a charicature of the mundane; a dance depicting the ghostly return of a lost love to Gabriel Faure's "Pavane;" and one about overpowering drive and ambition danced to the rock percussion of Riuichi Sakamoto.

Ms. Brannan is a modern dance performer and choreographer who incorporates other dance styles and theatre into her compositions. She studied theatre arts with a dance emphasis at the University of California in Santa Cruz, and furthered her dance study with such artists as Ruth Solomon, Kay Clark Raine, Gus Solomons, Viola Farber, Betty Jones, Cliff Keuter, Nora Reynolds, Gerri Houlihan, Takako Asakawa, Marcia Sakamoto, and Scott Clark. Her work has been shown at the University of Califonria's Experimental Dance Festival, the American Dance Festival in North Carolina, Tulane University in New Orleans, California State University at Long Beach, the House in Santa Monica, and in several Santa Cruz concerts.

Guest artist Ms. Adams has a number of well known credits to her name, including "Falling," "Bouncing Irish Family," and direction of "Play," which was featured at the Edinburgh Festival in Scotland. Ms. Swaha is the artistic director of the Crash, Burn and Die Dance Company. Ms. Coffee, Ms. Lee, and Ms. Walker are all senior dance majors at UCSC.

Tickets for the informal concert are $2.50, available at the MPC Dance Studio door. For further information, contact the MPC Physical Education Department at 646-4220.

Local Artist Mary Titus Will Hold A Special Showing Of Her Works

Local artist, Mary Titus, will hold a special showing of her most recent work from 1 to 4 p.m. on December 2, 1984 at her home at 9883 Holt Road.

A self-taught artist, Ms. Titus has been painting nearly all her life. She prefers watercolors but paints in all medias. She uses an improvisational approach to creating her paintings which range from abstractions to realistic forms.

A veteran of many one-person shows, Ms. Titus has won numerous awards for her works. She has exhibited in galleries throughout Florida, in Santa Barbara, CA as well as in cities such as Philadelphia and Carmel.

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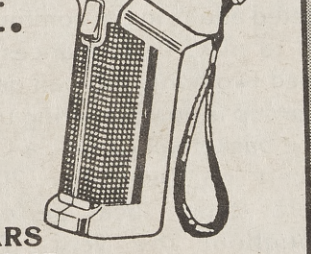

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Fiddler Tom McCreesh

Fiddler Tom McCreesh Will Perform At Cherry Foundation Tonight

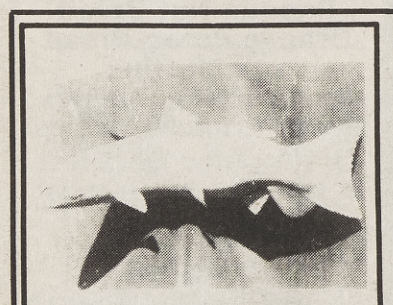
The Carl Cherry Foundation will present fiddler Tom McCreesh on Wednesday, November 28th in an evening of Irish and American music with interpolations of poetry and stories. The concert will be held at 8 p.m. in Cherry Hall at Guadalupe and 4th, Carmel. Donation will be $5 and $4 for students and seniors.

Tom McCreesh, who is one of America's premier traditional fiddle players, has appeared twice before at Cherry Hall, each time to a capacity crowd.

McCreesh grew up in rural New York from a musical family; his father being a traditional musician from County Armagh in Northern Ireland and his mother a fine dancer from County Clare in Southern Ireland. From the earliest days, whether playing a reel or a hoedown, Tom's unique ability to make his fiddle speak with power and eloquence has been a hallmark of his playing. He has perfected his most natural blend of American and Irish Music.

McCreesh has also been instrumental in the revival of "the spoken work," via recitations of classic poems and stories interwoven with music; while his powerful singing of Irish and American songs, both original and traditional, adds yet another dimension to his tightknit performances. He has brought his music to the people of Europe, Ireland, Scotland, England and throughout Canada and the United States.

For reservations or more information, call the Cherry Foundation at 624-7491.



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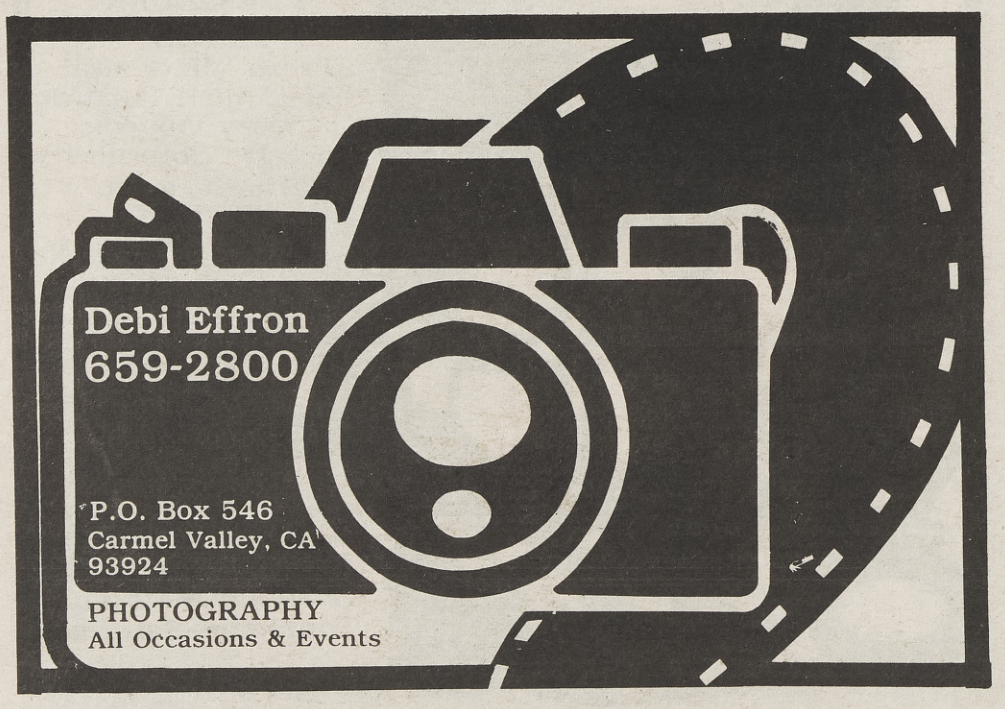


Choral Society Will Present Annual "Music of Christmas" Concert

The Monterey Peninsula Choral Society's 23rd season will open with its "Music of Christmas" concerts December 14, 15 and 16 at 8 p.m. at the Carmel Mission Basilica in Carmel. Tickets are $8, and can be purchased by sending a check or money order to P.O. Box 272, Carmel, CA 93921.

The choir's main work will be Giacomo Puccini's *Messa di Gloria.* Soloists will be John MacAllister, bass and baritone, and Dan Parkerson, tenor. The Monterey Peninsula Chamber Orchestra will accompany the choir.

"Music of Christmas" concerts will mark the Society's first performances under the direction of David Rupert, who took over the Music Director's position from Haymo Taeuber. Mr. Taeuber directed the choir for 16 years.

Mr. Rupert brings more than 10 years of musical experience to the Choral Society. He is an alumnus of the University of Arizona, Tucson, where he majored in vocal education, and he has been involved in choral music and musical comedy in Arizona and Claifornia since he left college. A Santa Cruz resident, Mr. Rupert directs two choirs in that city, The Masters Society and the Community Men & Boys Choir, in addition to his work with the Monterey group.

Tickets for the Choral Society's Christmas concerts are usually sold out by December 1. For ticket availability, call 625-5610.

PG Methodist Church Will Hold Annual Messiah Sing

The twelfth annual "Messiah Sing" will be held at the Pacific Grove Methodist Church (Sunset and 17 Mile Drive) on Sunday December 2 at 4 p.m. Co-sponsored by the Church of the Wayfarer, this tradition is open to the public and there is no fee.

The director is John Farr, Choir Director at Pacific Grove Methodist, and the organist is Judy Midgley, also of the P.G. Methodist Church.

The one hour sing includes highlights of Handel's greatest oratorio. There are no soloists. All participants are urged to bring their own music although there are several copies available at the door.

"We encourage all to come and sing, not just to listen," said Rob Klevan, contact for the "Sing".

For more information call 625-2097.

Chapel Invites Community To Participate In Sing-Along Messiah

The Carmel Valley Community Chapel invites community members to join in the annual "Sing-Along Messiah" on Sunday, December 2nd at 3 p.m. in the Sanctuary of the Chapel. Under the musical directorship of Stephen Tosh, solos will be sung by Hidden Valley singers and choruses will include the assembled congregation; there will also be orchestral accompaniment.

Refreshments will be served in Fellowhsip Hall following the performance. A donation will be taken at the door to help support the Community Chapel Music Program.

High School Band Sets New Goals

Establishing an outstanding Band Program at Carmel High School has been the goal of Band members, parents, and administration this year. Some great strides have been made since school started this fall in acheiving that goal, according to Music Director, Dick Dorr, who is new to the Carmel Schools this year.

The Pep Band/Wind Ensemble which is open to all high school and middle school musicians was organized at the beginning of the school year. This group rehearses every Monday evening at 6 p.m. in the Carmel High Bandroom. It is also open to any interested adults in the community who wish to play. Performances have included two home football games and the group is now preparing to play for home basketball games, a Christmas concert on December 20th, and several other local performances throughout the year. The Pep Band/Wind Ensemble will also make a performance tour of Southern California in May.

A Jazz Combo/Jazz Ensemble has also been rehearsing since school started and will continue rehearsing every Monday evening at 7:30 p.m. in the Carmel High Bandroom. "There is some real talent in this group," according to Dorr, and they will continue preparing for local Jazz Festivals, performing for the Student Body at "Jazz/Rock Noon Time" concerts in the Bandroom, as well as other community performances. The Jazz Combo/Jazz Ensemble will participate at the Reno International Jazz Festival in April for the first time in many years.

Supporting the revitalized band program at Carmel High School is a well rounded beginning, intermediate, and advanced program of music instruction at Carmel Middle School under the direction of Karen King who has been with the Carmel Schools for the past three years.

For more information and band rehearsal schedules call 624-1821.

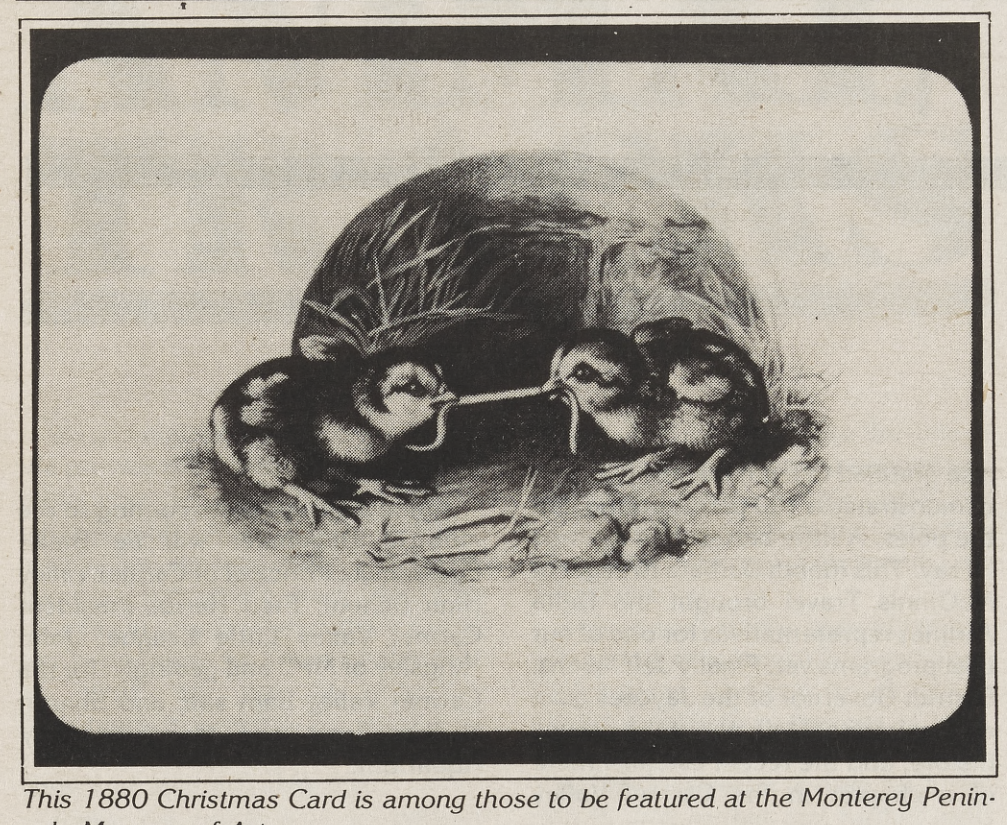
Pacific Grove Will Hold Their Annual Winter Parade On December 1

The Pacific Grove Chamber of Commerce is sponsoring a winter parade with the assistance of many local merchants. It will be held on Saturday, December 1 and will wind all around town.

Truckloads of carolers and Santa on the Fire Department's Snorkel unit will begin at 10:20 a.m. and make stops at Country Club Gate Center then at Safeway parking lot and in front of Cambridge Plan International. This part of the parade will then proceed to downtown Pacific Grove to Fountain and Lighthouse and pick up the remainder of the parade which includes floats and marching units.

The downtown parade route, which begins at 11 a.m., runs West on Lighthouse to Congress (U-turn), East on Lighthouse to Grand, to Pine, to Forest, to Lighthouse. The final stop will be on Lighthouse between Grand and Forest and Santa will greet youngsters there until 12:30.

For more information call 373-3304.



This 1880 Christmas Card is among those to be featured at the Monterey Peninsula Museum of Art.

Victorian Christmas Cards Will Be Featured

A survey of Christmas cards from the Victorian Period will be among the special Christmas exhibitions in the Monterey Peninsula Museum of Art from December 1—31.

Also on display will be a Christmas tree with decorations featuring Norman Rockwell works and a model of Williamsburg.

The historical survey of cards, orgnized by the Smithsonian Institution Traveling Exhibition Service (SITES), "explores the popularization of gift cards in the last quarter of the 19th Century, and traces their development into the greeting card format of today," according to a SITES spokesman.

Gift cards, during the 1880s and 1890s, displayed increasingly elaborate and novel effects as card manufacturers competed fiercely for the trade. The exhibition features cards from this period mounted on satin and velvet, cards decorated with fringe, tassels, ribbons and bows, and includes fold-out cards and those cut in a variety of unusual shapes. A special section of the exhibition features prize-winning cards of the Victorian period, while another section features Rosh Hashana cards imported from Germany.

The exhibition organized through SITES contains materials from the collections of the National Museum of American History and the Cooper-Hewitt Museum of the Smithsonian Institution, the Boston Public Library, the Hallmark Historic Collection, and a private collection in New York.

It will remain on display in the Museum at 559 Pacific Street in Monterey Tuesdays through Saturdays from 10 a.m. to 4 p.m. and Sundays from 1 to 4 p.m. The Museum is closed Mondays and holidays.

Festival Of Trees Opens December 6

"Christmas in an Enchanted Forest" will be the theme as the sixteenth annual Monterey Peninsula Museum of Art Festival of Trees opens December 6.

The Festival, at the Monterey County Fairgrounds, will feature 30 trees which were commissioned for decoration in early 1984. Those decorated trees will remain on display at the Fairgrounds December 6 through December 8 from 10 a.m. until 9 p.m. and Sunday, December 9, from 10 a.m. to 5 p.m. They will, on December 10, be distributed to members of the Monterey business and professional organizations which commissioned them.

Festival attractions in addition to the trees will include a country store where homemade food may be purchased. A museum shop selling gifts from around the world and a boutique of hand-crafted Christmas items will also be open daily. Complimentary refreshments will be served each day of the Festival.

Volunteers worked throughout the year not only to organize this annual fund-raiser for the Museum but also to make the ornaments for each tree. Local artists also participated by donating original miniature works of art which were displayed in the Museum this year before being moved to the Fairgrounds for the Festival.

Admission to the Festival will be $2.50 for adults and $.50 for children under 12 who are accompanied by an adult.

"Art Sandwich" Series Continues At Pacific Grove Museum Of Art

The Pacific Grove Art Center continues its "Art Sandwich" series with programs scheduled for December 5th and 12th.

Roger Fremier, Division Chair, Photography Department, MPC, will be featured on December 5. His topic will be "The Creative Process in Photogrpahy."

Surface designer and fiber artist, Anne DuBois will be the featured speaker on December 12. She will present "Ebru: The Mysterious Art of Marbling."

Participants must bring their own brown bag lunch. Coffee and tea will be provided.

A donation of $2.50 for non-members or $1.50 for members is requested.

"Art Sandwich" talks are presented each Wednesday at noon in the Photogrpahy Gallery of the Pacific Grove Art Center.

For more information call 375-2208.

PG Art Center Will Hold Preview Of December Exhibits

Members and friends of the Pacific Grove Art Center are invited to attend a preview of the December Exhibits opening on Friday, December 7, 1984 at 7:30 p.m. at the Art Center, 568 Lighthouse in Pacific Grove.

In the Gill Gallery wil be "Neon Neon" featuring Joanne Crawford and Karen Heisler. Crawford and Heisler are of the third generation of artists "who have responded to the boldness and sensuality of neon". They own and operate Neon Neon, a workshop and gallery in San Francisco.

The New Hall Gallery will feature the works of Phillip Hurtig, Karen Jelenfy and Jeffery Jelenfy. This exhibit includes etchings, prints, and paintings. Hurtig is an award winning artist with a B.A. in painting and printmaking from San Jose State University. He has exhibited in New Mexico at the Gallery LaLuz and the Taos Fine Arts Center and at Terrance Gallery in Palenville, New York. Karen Jelenfy of Monterey, studied drawing at the Corcoran School of Art and at Monterey Peninsula College. She has been widely exhibited on the Peninsula. Jeffery Jelenfy studied printmaking at the Portland School of Art and teaches etching at the Art Center. His works are often exhibited on the Peninsula.

Featured in the Photography Gallery will be "Night Photos" which includes the works of Eric Johnson, Ray Baumann and Bill M. Jeffcott. Johnson, with an M.F.A. from the University of New Mexico has exhibited throughout the U.S. and Europe. He has been widely published. He currently teaches photogrpahy at Cal Poly. Baumann, student photographer at Pacific University, is exhibiting experimental works using long exposures and employing the Cibachrome process. Jeffcott, New York actor/director turned photogrpaher says of his works, "I want the photographic image to transcend itself and communicate emotionally to the viewer."

The Gallery 19 features Mark Godfrey's "Signals, Paintings about Painting." These works deal with the basic formal elements of shape, color, space texture, scale and second level elements of composition, unity and proportion. Diagonal zig-zag lines based on the lattice grid system are placed over a field of various colors.

For more information call 375-2208.

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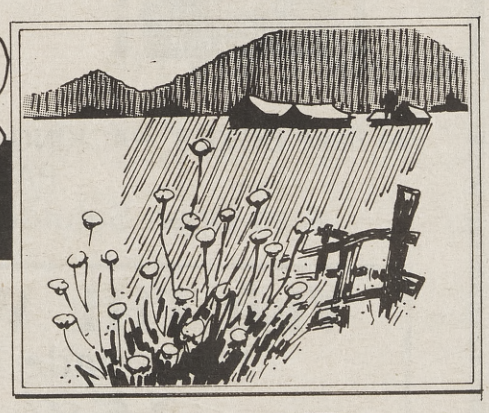

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KIWANIS NEWS

by Dr. Steve Austin

Christmas Tree Sales Will Begin

December 1, is the start date for this year's Carmel Valley Kiwanis Club Annual Christmas Tree Sales. We will be open from 4 to 8 p.m. Monday through Friday and Noon to 8 p.m. weekends. The Mid-Valley Shopping Center has again given us permission to use the parking area next to the Crocker Bank to set up the lot. The sale will run through December 23rd or until all the trees are sold.

Gary Tate, Chairman and founder of the project, has over 350 trees on the way. There will be a wide selection of sizes and types of trees. These will include Noble Firs, Plantation Douglas Firs (shaped), Wild Douglas Firs and table top varieties. When purchasing a tree, each customer will be given a chance to win one of five giant turkeys that the club will raffle off on December 23rd. What a nice way to spend Christmas, a beautiful tree and a free turkey.

The project represents one of our clubs major fund raising activities and all proceeds from the sales go to local youth organizations. These include the Little League, Community Center Scouts, Barracudas and some fourteen other groups. Last year the club netted over $2,000 from the tree sales and we are hoping to improve that record.

The sales force will include not or ly the entire active membership of th club but Key Club members fror Carmel High as well. Thanks to fello Kiwanian Raz Bellici the workers wi have a refuge during the cold evening and an occasional shower as he has o fered the use of his trailer for the dura tion. In addition 1st vice presider Marv Smith has offered the oak log necessary to provide a warm fire fc those cold hands and feet that visit the lot.

You will find our trees competitively priced, and also have the satisfaction of demonstrating your support for the youth in our community. Who knows, you may win one of those free turkeys in the bargain.

It's not all work in the club. for on Friday, December 7th, the Annual Christmas Party will be held at the Carmel Valley Inn. A good meal, an exchange of gifts and Christmas songs are on the agenda this year. Organizer Colonel Dick Clarkson has arranged for a great evening.

On election day the club hosted Community Center president Dan Gladney and Executive Director, Louise Riddell-Kaufman. Almost the entire membership listened to Dan speak about the formation of a new park and recreation district. We were also gratified to learn that the club had demonstrated a 100 percent turnout at the poles. A little better than average I'd say. This month Barbara Krueger of McGinnis Travel brought the Delta Airlines representatives for one of our best programs yet. Finally Jeff Means, District Governor of the Jaycees gave an inspirational talk about the groups history, and the recent establishment of a chapter in the Carmel Valley Village area.

Among the speakers coming to the club in December will be Blake Fuessenich, Principal of Carmel Valley High School; Fred Herro, President Carmel Valley Little League; John Kingsley of MPC and geologist for the Carmel Valley dam site; and Sharon Mulkes from the Monterey Bay Aquarium.

Chapel Guild Will Hold A Christmas Tea

A Christmas tea will be held at the next meeting of the Carmel Valley Community Chapel Guild on December 12th at 12:30 p.m. in the Chapel Fellowship Hall on Village Drive.

The program will feature composer/organist Steve Tosh, playing his beautiful arrangements of traditional Christmas music. "All valley ladies are invited to come help us celebrate our Lord's birthday," said Guild spokeswoman, Marge Capon.

December Women's Club Meeting Will Feature Cypressaires Quartet

The December meeting of the Carmel Valley Women's Club will be held at the Community Church of the Monterey Peninsula on December 5. Social hour begins at 11:30 a.m. with lunch served at noon. There is a $5 charge for the luncheon.

The Cypressaires Quartet will be the featured entertainment for the gathering. Their program begins at 1 p.m. Also scheduled will be "Unusual Creations from 'Found Things'" by Dr. Zoltan Vasvary.

Mary Coates is the chairperson for the gathering.

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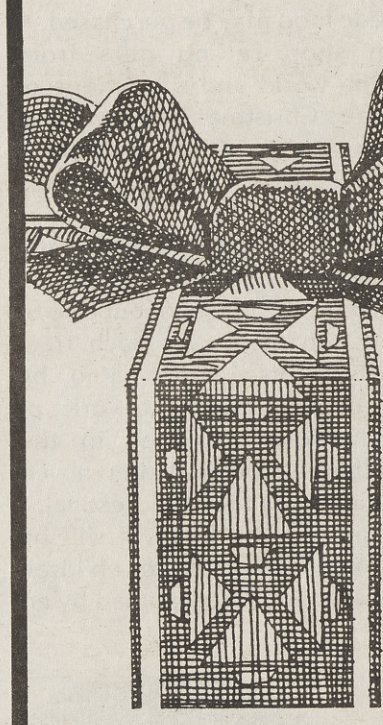

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ANIMAL TRACKS

by The Monterey County SPCA
by Robin Maurice
Public Relations Director

We all know pets have certain needs. We provide them with food, a comfortable spot to sleep, company and perhaps a toy or two. But the relationship isn't a one-way affair. We, as pet owners, get some very valuable benefits in return. They fulfill some of our basic needs for love and affection as well as provide specific physiological benefits. For some people, a pet may provide their only source of love and affection.

A dog, cat, rabbit, bird or whatever kind of pet you have doesn't make the distinctions people do. A pet doesn't care if you have bad breath or walk funny. They don't distinguish between a popular young person or an elderly person confined to a wheelchair. Pets love without reservation. You can miss appointments, tell bad jokes or commit endless faux pas. Your pet doesn't care. His love is unqualified.

The need for this human/animal bonding increases at the two ends of the age scale. Children display an interest and need for pets. When the whole world is full of bad guys for a four year old, his pet dog is there to ease the pain. Likewise, the elderly tend to withdraw from the social scene, but can depend on a pet to provide companionship and affection when everyone else seems to have abandoned them.

The plight of the elderly is particularly strong. Their children are starting families of their own. Friends are often too sick or too disabled to get out for a visit. Neighbors and acquaintances often just don't take the time or trouble to visit someone confined to a home. For these people, pets and visiting animals provide the necessary relief from boredom. The benefits are numerous.

Pets give an elderly or disabled person incentive to keep active and busy. Living alone, it is easy for an elderly person to give in to feelings of isolation. Without some sort of stimulus, like that of a pet, it is easy for a person to drift further and further away from the real world. Knowing that a pet depends on him for basic needs can give the senior a sense of purpose in life, a reason to get out of bed in the morning. It can make all the difference between surrender to age or disability and active participation in life.

Pets are fun and amusing. No matter how long you've spent with your pet their personality and character continue to grow, providing a constant source of entertainment. Nearly every pet owner can go into numerous stories about their pets' idiosyncracies, providing a lively topic of conversation.

A dog on a leash or a cat in your lap are wonderful icebreakers. It's easier to strike up a conversation with someone walking a dog than to approach a solitary person. Nearly everyone shares an interest in pets. This interest draws people together.

As we can see, the social benefits of pet ownership are numerous. But in addition to these, research has increasingly shown that pets also give definite physiological benefits.

In a study of coronary patients at the University of Pennsylvania, research showed that pets stimulate recovery from illness. Out of 53 pet owners hospitalized for coronary conditions, 50 were alive one year later. Only 17 of the 39 non-pet owners were alive a year after hospitalization. Even when dog owners were eliminated because of the health benefits associated with walking a dog, the findings remained the same.

Interaction with pets also lowers blood pressure. A child entering a neighbor's home has lowered blood pressure when the neighbor's dog is present. When one person talks to another, blood pressure rises. When talking to an animal, blood pressure goes down.

Finally, caring for a pet increases a person's self-care as well. At the San Francisco Recreation Center for the Handicapped, retarded adults learn about their needs by caring for a pet. The ritual of regular meals for a pet carries over into regular meals for the pet owner as well.

Dr. Boris Levison, a leading researcher in pet-facilitated therapy, states, "A pet is an island of sanity in what appears to be an 'insane' world... Whether a dog, cat, bird, fish or turtle or what have you, one can rely upon the fact that one's pet will always remain a faithful, intimate, noncompetitive friend—regardless of the good or ill fortune life brings upon us."

We give a lot to our pets. They depend on us. But our pets also give back numerous benefits in the relationship. Socially and physiologically they contribute to our well being.

Community Center Is Offering Expanded For Seniors And Others

A variety of services are being made available at the Carmel Valley Community Youth Center in the Activity House.

Among the services for seniors are free clinics offered to older adults by SCANS (Senior Citizens And Nursing Services). The purpose of the clinics which are held the second Friday of each month, are to extend preventative health care and screening services to seniors. The SCANS services include nutrition assessment, medication assessment, blood pressure testing, hematocrit, urine testing, eye, ear, and hearing examinations as well as mouth, feet and skin inspection. Appointments are necessary and may be made by calling 659-3983.

Blood Pressure Clinics, which are available to all age groups, are also available on the first Wednesday of each month from 11—12 a.m. This service is provided by the Hillview Home Health Agency. No appointments are necessary.

Also, available for seniors is the Alliance on Aging Information and Referral Service. This service is available every Wednesday from 12:30 to 1:30 p.m. Appointments are not necessary but may be helpful and can be made by calling Wally Le Valley at 646-4636.

(Above) Andrea Sawyer and Carla Werner weigh in a barn owl. (Right) Olive Smith feeds a recuperating bird.

SPCA Will Hold Wildlife Training Class

The Monterey County SPCA will hold a wildlife training class on Saturday, December 15 from 10 a.m. to 5 p.m. at the education building, 1002 Highway 68.

The class will be taught by Lisa Hoefler, Director of the George Whittell Wildlife Rehabilitation Center, and Dr. Mike Murray of Coast Veterinary Hospital.

Class topics will include species identification, raising wild orphan birds and mammals, restraint and handling of wild animals, care and cleaning of oiled birds, physical exam and initial care, sanitation and disease control and the effects of stress on wild animals.

The cost is $10 for non-members and includes a membership to the MCSPCA. The class is open to all ages. Upon completion of the class, students will be eligible to volunteer at the wildlife center if they are 21 years of age or older.

Students should bring a lunch the day of the class. Call the MCSPCA at 373-2631 or 422-4721 to reserve a space in the class.

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BUSINESS

THE CHAMBER CONNECTION

by Grace Darcy
Executive Director
Of The Chamber of Commerce

Chamber Update And Christmas Decorations Contest Announced

The ballots have been counted, and the Chamber has five new members to grace its Board of Directors. Re-elected to the Board are Steve Austin, D.D.S., Debbie Saxton, editor/owner of the *Carmel Valley Sun,* and Kim Hartford, O.D. Newly elected are Elizabeth A. Field, attorney, and Nick Lombardo, owner/operator of Rancho Canada. To all of the elected Directors, our sincere congratulations. Now, the Nominating Committee will present a slate of officers to the Board of Directors for their approval or for further officer nominations. The election of Chamber officers probably will take place at a special meeting after the new Board is seated.

****

Instead of a speaker for a December 13 general luncheon meeting, both newly elected/re-elected and the presently serving Board members will meet at the Carmel Valley Inn at noon for a joint Board Meeting. At this meeting, the new Board will confirm the Nominating Committee's selection of officers.

****

Chamber members and friends are looking forward to the Mixer at Carmel Country Spa on Country Club Drive, Carmel Valley, on November 28. The Spa is managed by Carl Trigilio, son of the Spa's owner, Frances Buller. Music will be provided by the Spa, as will some hot foods. The Chamber has been asked to provide some hors d'oeuvres and, in turn, looks to its members to lend a helping hand. Any member willing to bring chips, a dip, some cheese and crackers, fruit, etc. is asked to call the office, 659-4000, and let us know what you'll bring. Thanks. We knew we could count on YOU.

****

For those of you who wondered...Sal Nicita's 1976 Cadillac is a total loss after fire engulfed it at the October 24th Mixer at Jim Chinn's Monterey Savings/Coast Federal S&L, Mid-Valley Branch. Sal remains his usual good-natured happy self, despite the loss of a car he really enjoyed....Dr. Tim Heaston is planning great events for 1985. Tim is taking a Thanksgiving holiday with his spouse, Julie (Farm Center), and when the couple returns, Tim will reveal some of his plans for a special 1985 for the Chamber...Mary Laird's Last Chance shop had a terrific Pre-Holiday ½ Price Sale, and we hope you were able to drop by her nice shop in the Village and take your pick of bargains. Maybe Mary will do it again for Christmas...Milt Stein's Valley Video is featuring some of the latest movies for VHS or BETA. Milt also will rent a complete VHS camera outfit. If you're a sit-at-home movie buff, drop by Milt's place at 19-A Carmel Valley Road and say "hello."...Helen Ryu, owner of the delightful In and Outdoor Shop in White Oaks Plaza has a new shipment of gloves and woolen scarves, in all colors, that would make marvelous Christmas gifts. Helen also has gifts from all over the world, and the shop alone is just perfect for browsing...Locksin Thompson invites members and friends to hot tub at a discount in his Blackthorne Spas on Pilot Road. The discounted rates include coffee, tea, and towels...and don't forget to bring the kids—they'll love a warm, relaxing dip...Paul Brocchini's Pewter Shop in the Barnyard has many worthwhile gifts in pewter (naturally). Nellie and Paul will show you their wares, but they won't have to "sell' them because they are so attractive that they sell themselves...Lots of luck to Nelson's International Seafoods Restaurant. They are happily—and we hope profitably—ensconced in their new loction at 53 West Carmel Valley Road.

****

The Christmas Decorations Committee, headed by Jo Lomanto, is getting ready to look at houses and businesses again this year. If you have special decorations at your place of business or your residence, please call the office, 659-4000, and ask the Committee to view your decoration. Large Shopping Centers are not included; however, individual shops are. This is a fun event, and there are prizes, so please call the office and leave your name and the address to be judged.

Guess that's all for this time. Hope your Thanksgiving Day was very special, and shared with those you love best.

Scott Summers Returns To The Airwaves

KDON-FM is proud to announce the return of air personality Scott Summers to the Monterey Bay air waves. Formerly of KIDD, Summers left there last December for eye surgery to correct a disease known as diabetic retinopathy. After four surgeries and six months of recuperation, his vision is restored and he can now be heard weekday afternoons from 3 to 7 p.m.

"I'm very happy to be working for Grace Broadcasting (KDON's owner)," said Summers. "It's great to be with the number one station in this area.

Program director Kirk Cliatt commented "Scott has a good following in the Tri-County area, and we're happy to have him aboard!"

Chateau Julien Receives Top Honors

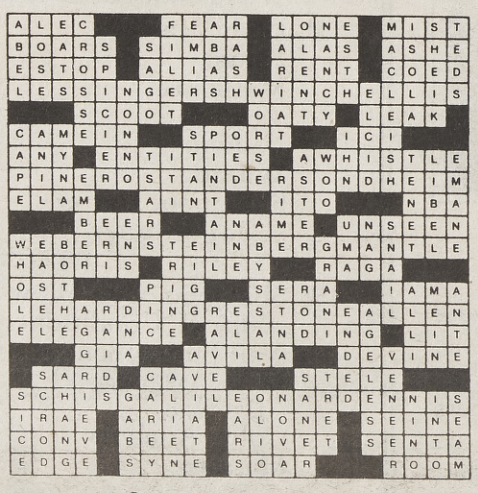
Chateau Julien 1982 Merlot has just taken the 1984 American Wine Championship. The First Place 'Champion' Award, is presented by the Wine and Spirits Buying Guide's as part of their Annual American Wine Championship.

Chateau Julien Merlot has also won a gold medal at the 1984 Los Angeles County Fair, a silver medal at the San Francisco Fair, and a silver and a bronze medal at a San Jose Competition.

Although a newly established Winery, Chateau Julien has won a total of 17 major national and international medals for its first released wines, including several gold medals for Chardonnays.

Answers To Crosswords PLUS

see page 9



Close Company

ALEC Templeton (1 Across), is ubiquitious to crosswords, but I had to look him up to discover he was a Welsh pianist and composer.

The cartoonist in 65 Across is Saul STEINBERG, who became well known as a result of his contributions to New Yorker magazine.

Give yourself 10 trivia points if you knew that Auld Lang SYNE (121 Across) means "Old long ago" in Scottish.

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ZIMMERMANN NOTES

by Stephan P. Zimmermann

In the last issue, we briefly reviewed the history leading to current OPEC unrest and crude oil price drops. We also posed some interesting scenarios. One of these, the dissolution of the oil cartel, presents some varied conclusions to be drawn by the internationally astute reader.

Clearly, cartels, whether in oil or coffee or any commodity, are counterproductive to efficient pricing and usage of that commodity. They tend to charge higher than normal prices, creating wasted resources, or a shift in dollars (or other currencies) which could otherwise be more effectively spent. The OPEC oil cartel had some short-term salutary effects. First, it created pressure on the United States to drop its government policies which protected domestic prices of oil and kept them artifically low. Low oil prices caused a great deal of petroleum waste in the U.S. from the 1930's to the 1970's by encouraging production and inefficiencies in usage. The cartel also permitted the Middle Eastern states to regain some of the losses they had suffered at the hands of British and American oil companies, which shamelessly undercut Saudi Arabian sheiks by taking advantage of the relatively unadvanced state of the Kingdom. Thus, initially, OPEC created some restitution of equity to the rightful owners of the natural resource which forms the only base for their existence.

In the longer run, OPEC felt and abused its newly-found muscle and created a world-wide recession through its short-term price increases of crude oil. Today, the repercussions of that ill-conceived move in 1973 are being felt, and OPEC stands a chance of breaking apart.

Smaller OPEC members, such as Ecuador and Venezuela, and a score of African countries, failed to invest their new-found profits wisely, and instead borrowed on future projected oil revenues. American and European banks, faced with a recycled surplus of "petrodollars' (dollars on deposit from OPEC membes) were more than happy to lend dollars to nations which were obviously not credit-worthy at terms which would have been unheard of in London or New York only a few years earlier. The borrowed funds were, quite frankly, misspent and in some cases, misappropriated, and the relatively poor nations were left with 20 and 30-year dollar-denominated debt.

While the dollar was relatively weak against most major currencies, the debt repayment was not much of a problem, especially since oil prices rose to over $34.00/barrel. As the dollar regained strength, however, and as world oil demand dropped and oil prices fell, the debts have become onerous burdens. What if prices drop further?

It can be speculated that the normal price of oil in a free market environment at current consumption levels would be $25.00/bbl with output at 47 million barrels per day. At that price and output, OPEC producers would lose about $325 million/day. The hardest hit would be precisely those countries with relatively low cash reserves and high annual debt burdens, such as Ecuador and Venezuela, Gabon and Nigeria. From where would they receive the dollars to pay off their dollar loans?

This is where the scenario gets sticky. The majority of the dollar loans to the third world originated with U.S.-European banking consortia. They in turn used their assets and deposits as a lending base, and are beholden to pay dividends to shareholders. A drop in dividends makes any investor nervous, and sophisticated depositors of large sums tend to move their short-term cash deposits elsewhere. There is an additional wrinkle in this scenario. Some of the biggest short-term cash depositors are the prosperous Middle Eastern OPEC members who, were they to withdraw their deposits **en masse** would precipitate a major financial crisis in the western world. Fortunately, it is unlikely that this would occur, since Middle Eastern money managers tend to be Harvard or Cambridge educated and quite sensitive to the power which they could wield. Thus, we return to the minor OPEC players.

If OPEC dissolves, these member states would have to rely on free-market oil pricing. Under that system, shipping costs and distances start making more sense than they do in a controlled environment. For example, the U.S. could shift its imports from Saudi Arabia to Venezuela and Ecuador, assuming that those countries had similar grades and qualities of crude available. In the short run, we would reschedule their debt to permit more rational pay-back periods, and place tighter controls on future lending. In the longer run, output overall would increase while prices decreased but total revenues received by everyone would be substantially higher. It's free-market economics

FACE TO FACE

by Dan Derr
Designer/Photographer

Several years ago I had the privilege and joy of exposing a second grade class at Tularcitos to the magic and wonders of Polaroid photography. My son and I had scrounged the thrift shops for a year or two, and successfully gathered a handful of elderly, but durable and simple types of Dr. Land's miracle. The parents club and several other generous donors furnished enough film to fill a weekly poster with fresh peel-offs for a good part of the duration.

And the children?...they gobbled it up as fast as I could deliver, always hungry for more, always able to reiterate the data, as well as apply it to their own particular bent.

As a substitute teacher during the sixties and early seventies I was fortunate to be accepted to some of the more affluent areas of both the East and West Coasts, but was continually appalled that these school systems were generally two years behind in requisitions for art materials and facilities. These "promises" were prior to the formal "propositioning" the schools out of their esthetic education.

Despite all the creative cutbacks, children still crave to express, in virtually every form. As in all areas of learning, each child will favor a particular form—some preferring the immediacy of Polaroid, others wallowing in the earthiness of clay and ceramics Again, some tend toward the simplicity of pencil and paper, the spectrum of crayolas and expanse of walls. (Someday I may design an art room with crayola-erasable walls, floor, and ceiling—and let them have at it: a "canvas environment.")

Out of this recent past comes the future—of art, of children, of life and living. Cut short by "no funds", no-timed by busy parents, and left to the passive esthetic of video, today's child, visually oriented more than ever, has little to reach for—unless we place it in front of them. A box of crayolas, a couple of dollars; but for the price of a video-cassette, a child can have a LARGE set of pastels. Most adults have never seen such tools. But the light in the child's eyes is matched only by the extensive spectrum in a box of hard pastels. Who knows what would become of it, once in hand, then on paper. But this is but one simple tool.

Scratchboard—a mysterious medium familiarized with the simple safety pin, or better yet, a pointed stylus. Felt markers—low in cost, long on creativity provoking dictums. Acrylics, the "clean" oils, and a few dollars of canvas boards make a six-year old feel like a Rembrandt. A drafting set—for the price of another cassette, puts spirograph to shame, with endless possibilities from simple circles to seventh-grade architecture. I remember winter days as a child, placing a "sky" of spaceships and asteroids on my bedroom window, facilitated by a 25 cent (now 98 cent) pack of plasticene clay. Infinite possibilities—but it WAS available.

Creativity is closely akin to thinking, which usually precipitates invention. Place a one year old on a floor with a myriad of contemporary toys, including a set of simple wooden blocks; and guess what will get the most use—for YEARS to come. Imagination must be free to utilize tools-at-hand. Contemporary education and recreation leaves little to the imagination of a child. It's all set up for immediate fascination and sale. Not to cut Rubik short, but rigidity of form tests not the imagination, but concentration, and too often simply, patience.

Free form is art. And the child who has at least the simple, inexpensive tools of expression, with maybe a little guidance, is free...to form...themselves, their lives, and the future. Like the infinite amount of monkeys, with an infinite amount of typewriters...Who knows what a child can do, with a very finite amount of crayolas.

"All I want for Christmas is...a couple of Nikons, a roll of linen canvas, and 'Gee, mom, could I use the other half of the garage, you know, for a studio?"

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New Insurance Legislation Goes Into Effect In January

New legislation now requires all insurance companies to individually inform their policy holders on the availability of earthquake insurance. As a public service announcement Lou Allaire of Allaire Insurance in the village, is making this information available to Carmel Valley residents.

On January 1, 1985 AB 2865 will take effect in California. According to Allaire, this new law requires insurance companies to offer coverage for loss or damage caused by the peril of earthquake to all residential property insurance policyholders. This legislation has two primary objectives: 1) to promote awareness of earthquake insurance among residential property owners and tenants by requiring insurance companies to offer that coverage, and 2) to make clear that loss caused by or resulting from an earthquake shall be compensable by insurance coverage only when earthquake protection is provided through a policy provision or endorsement specifically covering earthquake loss.

In other words, after January 1, 1985, if your homeowners or tenants insurance policy does not specifically cover earthquake loss, then you would not be covered for losses or damage resulting from an earthquake.

Statistics show only about 5 percent of Californians currently carry earthquake insurance. Standard earthquake insurance endorsements contain some rather steep requirements. Coverage is for the peril of earthquake only. Rates are between $2 and $10 per $1,000 of coverage depending on type of structure and location. And deductibles can be as high as 5-10 percent of the policy limit. Combine these factors and this type of earthquake insurance may be unaffordable and not altogether practical.

There are alternatives to this type of coverage said Allaire. One of these, Property Owners Plus, is available through member agencies of the Independent Insurance Agents and Brokers of California. POP provides coverage for earthquake and other natural disasters at affordable premiums, he said.

In California earthquakes aren't just possible, they are inevitable. Earthquakes and other natural disasters caused over $600 million in damage in California in 1983. "We feel that earthquake insurance is essential to better protect Californians's financial interest in home and property," said Allaire.

"We strongly urge California property owners to evaluate the potential loss resulting from an earthquake, assess their individual need for earthquake insurance and purchase the coverage that best fits their needs and budgets."

If you have any questions about this new legislation or earthquake insurance products, contact Allaire at 659-2258.

Sierra Club Outings Announced

The Sierra Club has announced the outings scheduled for December which include bike rides, hikes, walks and an outing meeting.

Scheduled for December 1, interested bicyclists can take a leisurely 17 mile ride along the Pacific Grove and Asilomar shore. Participants will meet at the entrance to the Coast Guard Pier at 9:45 a.m. Leaders are Chet and Bev Gadaire.

A Comings Cabin hike is planned for December 2. This 12 mile hike will travel over Devil's Peak and along an open ridge which gives a beautiful view of the Little Sur watershed. Hikers will drop down to the Comings homestead site for lunch. A lunch, water, boots and carpool donation of $2 is needed. Hikers will meet at Brinton's at 8 a.m. Leader is Phil Hartman.

Toro Park is the site of the December 8 outing. Hikers will take a 7 mile round trip through the park. Hikers will meet at Cinema 70 in the Del Monte shopping center at 9 a.m. Food, water and a $1.25 carpool fee are needed. Leaders are Bill Bleick and Carmen Remenyi.

An afternoon walk at Point Lobos is scheduled for December 9. The walk will cover some of the inland trails, climbing Whaler's Knoll, Cypress Point, and more for a minimum of 5 miles. Participants will meet at Brinton's at 1 p.m. or at the entrance to Pt. Lobos at 1:15 p.m. Entrance fee of 50 cents per hiker will be charged. Hike leaders are Gordon Williams and Eileen Gardner.

An outings meeting is scheduled for December 11 at 7:30 p.m. This will be to schedule future outings which will include a ski trip or two. Those interested will meet at the Environmental Center in Carmel.

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THOUGHTS

by Illia Thompson

Shopping Hints

Today I purchased a pair of rubber gloves. "What size do you want?", asked the clerk. "I wear small, but I usually take a medium." We both realized th absurdity of this remark. I walked out of the store with the small sized gloves and a new awareness.

As my older children were growing up, I usually procured clothes to grow into. My naive economics based on longevity resulted in the reality that these children never had the comfort of wearing pyjamas that fit. By the time that they had grown into them, they were worn out. Also the styles changed; todays fashions became tomorrow's rejects and the "future drawer" often held items which became obsolete prior to use.

For my eighteenth birthday, my parents sent me to Europe. I was the only passenger under fifty in first class. Within the first day, I knew enough to sneak down to tourist class and enjoy myself during the waking hours. Well intentioned, my parents had chosen the wrong size; in this case, it was too big.

As I progress in life, I want to have around me people, things, work, settings that are appropriate. People are the gems in my life. Things give me pleasure or utilitarianism. Work allows me to test myself and find joy in the results. My home provides a resting place where in I gather that which I need. This envisioned congruency extends to all that I do.

Although my size is always changing, I try to appreciate it as it exists. I nourish it, knowing that it will alter. It feels good to be wearing the right size, less room for slippage, less chance to trip. The confines of the correct measure help to keep my direction clear.

As you shop for the holidays, choose carefully, be it for yourself or others. The appropriateness may be more important than the actual gift. A small handmade item may surpass the department store luxury; for some, the opposite prevails. A letter sending a caring thought may outweigh Hallmark's finest. An embrace, a kind word or a thoughtful deed may be remembered long after the glittering wrappings are discarded.

Happy Holiday Shopping.

PEOPLE ARE READING

News from the Carmel Valley Library

NOW AVAILABLE

1. *Love and War* — John Jakes
   Sequel to *North and South,* a Civil War saga.
2. *The Talisman* — Stephen King & Peter Straub
   King and Straub combined their writing talents to create an epic of fantasy and adventure.
3. *Superior Womenr* — Alice Adams
   The life of five women as students at Radcliffe and after.
4. *Stillwatch* — Mary Higgins Clark
   Suspense novel by the author of *The Cradle Will Fall* and *A Cry in the Night.*
5. *Gone the Dreams and Dancing* — Douglas C. Jones
   Sequel to *Season of Yellow Leaf,* a fictionalized history of the Comanche people.
6. *Home Before Dark* — Susan Cheever
   Biography of John Cheever written by his daughter.
7. *The Jerusalem Inn* — Martha Grimes
   New mystery novel by the author of *The Dirty Duck* and *Old Fox Decieved*

Film Night At The Library

The Carmel Valley Library will screen the British comedy *The Man in the White Suit,* with Alec Guiness and Joan Greenwood on Friday, December 7, at 7:30 p.m. This activity is sponsored by the Friends of the Carmel Valley Library. For more information call 659-2377.

THE BOOKWORM

by Mary Berta

Improving Written Creativity

One or more of the following reasons can deter any improvement in children's writing:

1. Not enough experience in the areas related to writing. A child may have experienced a great deal in life, but may not have heard many stories or poems, or been able to read them due to limited skills in reading.

2. Poor oral expression. Good oral expression is the basis of written expression. If a child's oral expression has been corrected for usage, or if no one has time to listen and interact, then the child's reluctance to express his/her thoughts will be difficult to overcome.

3. No realization that the purpose of writing is to communicate with an audience. Oftentimes the child writes only because some adult assigns a topic, rather than from a desire to communicate his/her thoughts.

4. A meager vocabulary. In order to communicate effectively, the child must have an ample supply of words.

5. Fear of adult approval. If a child's oral expression has been criticized, or his early writing attempts received red marks, a frowning face, or a low grade, the child may not be motivated to improve. Discouragement may set in simply because the child may not know how to improve.

6. No knowledge of the forms of writing. Perhaps no one has pointed out to the child how verse varies and how stories differ in form.

7. Limited composition skills. Children need to know how to construct sentences, how to choose a topic sentence and expand it into a paragraph, and how to write a long discourse. The inability to organize and write for clarity and unity and the arousal of interest limits all expression.

8. Lack of guidance and direction. Many of the above-mentioned statements about the possible causes of a child's difficulties in improving written creativity, indicate a need for more adult guidance and direction. Someone needs to work directly with the child on developing his writing skills, providing encouragement, and recognizing the child's abilities and interests.

I am dedicated to helping children improve in all of the language arts areas, including reading, comprehension, spelling, written creativity, and vocabulary development. Please call 659-2305.

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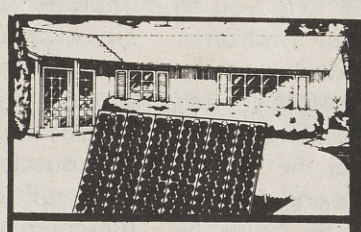
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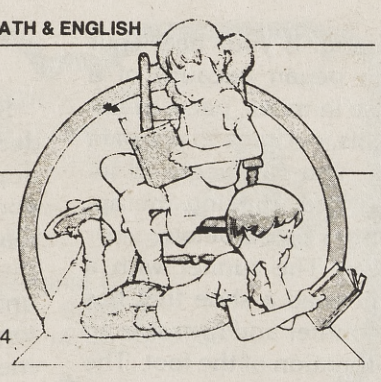

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TO YOUR GOOD HEALTH

ON THE RUN

Tips On Staying Fit While Keeping Fit

by Richard K McGarry, D.P.M.

Heel Spur Syndrome

Heel and arch pain are overuse injuries that frequently plague runners at all levels. It is a common compalaint in the beginning jogger as well as the elite runner. About 20 percent of the runners that I see in my practice and affiliated sports clinic complain of heel and/or arch pain. Not all heel and arch pain is the result of a partial tear in the **plantar fascia** or a bruised heel. Throughout this article I will use the term "heel spur syndrome" to refer to pain caused by **overuse** injury in the heel as well as in the arch.

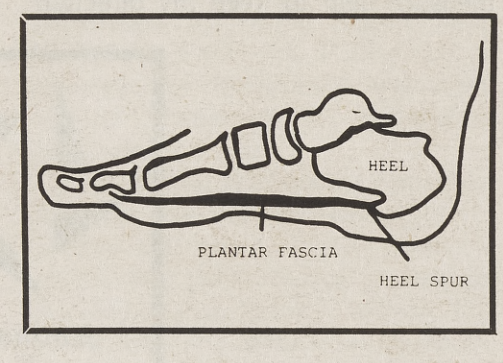
A little anatomy will help you to understand the heel spur syndrome. The diagram shows a side view of the skeleton of the foot. A cord-like structure extends from the heel to the toes. This cord-like structure, the **plantar fascia,** acts as a ligament and, with the help of some other muscles, holds the arch up. Whenever we walk, the arches of our feet lower, thus stretching the planta fascia. When we run, a force of two to three times our body weight is exerted upon our feet. Thus, an even greater stress is put upon the plantar fascia.

When the plantar fascia is stretched, it pulls on its attachment to the heel. If there is excessive pulling over a long period of time, a heel spur will form. A heel spur is a formation of new bone at the place where the plantar fascia attaches to the heel. The pain a runner feels is not caused by the heel spur itself, but rather by the irritation created by the constant pulling of the plantar fascia on the heel bone.

The plantar fascia can also become tender and cause pain in the arch. This condition is called plantar fasciitis. The terms heel spur syndrome and plantar fasciitis are often used synonymously because they have the same cause and are often found together. As I mentioned earlier, I will continue to refer to heel pain and plantar fasciitis as heel spur syndrome.

In my experience there are two foot types that are susceptible to heel spur syndorome. The reasons for the development of the overuse syndrome are somewhat different for each of the two foot types and therefore will be discussed separately. For convenience I'll refer to these foot types as Type I and Type II. Type I is the foot that excessively pronates, i.e. turns or rolls inward, and the arch collapses during walking and running. Type II is the high arched foot that is stiff or rigid.

The reason that the Type I foot is susceptible to heel spur syndrome is because the foot pronates excessively and the arch flattens out. When the arch collapses, the plantar fascia, whose function is to hold up the arch, will be stretched. Since the foot must support a force of two to three times our body weight while running, it is easy to understand why heel spur syndrome occurs. Various conditions that cause pronation of the foot and subsequent flattening of the arch are: 1) improper conditioning, such as increase in miles or pace or the addition of intervals; 2) improper or worn out shoe gear, which cannot support the foot; 3) improper or lack of stretching the muscles in the back of the legs; tight calf muscles will exert a strong flattening force on the foot; 4) surfaces that are either too soft or too hard.



The Type II foot has a stiff high arch and develops heel spur syndrome because of poor shock-absorbing ability. Poor shock absorption puts abnormal pressure on the heel and stretches the plantar fascia. Conditions surrounding the development of heel spur syndrome in the Type II foot are: 1) improper conditioning; 2) improper or worn out shoe gear that has poor shock absorption properties; 3) improper or lack of stretching the muscles in the back of the legs; 4) hard surfaces, such as cement or asphalt.

TREATMENT

Heel spur syndrome, as with most overuse injuries, if recognized and treated early, will respond quickly to treatment and with little or no decrease in the runner's acitivity. If you are experiencing the pain of heel spur syndrome, try to determine your foot type according to the guidelines I've mentioned.

A) Conditioning: If your heel spur syndrome pain began because of a sudden increase in miles, pace, or addition of intervals, cut back to pre-pain training levels. You can begin to increase training after making the appropriate changes listed below.

B) Shoe Gear: The runner with a Type I foot will need a shoe that has a sturdy heel counter and firm sole so as to reduce pronation of the foot. The Type II foot will need a shoe with good shock absorbing qualities and a good arch support.

C) Stretching: Runners with either foot type need to stretch the muscles in the backs of the legs, because tight calf muscles cause an excessive flattening force on the foot. I recommend stretching before and after running.

D) Shoe Modification: For runners with Type II feet there are a few different types of materials that can be used to increase the shock absorption of the shoe. *Spenco* and *Sorbothane* inserts are two of the better products available. Over-the-counter orthotics (modified arch supports) will help decrease pronation and collapse of the foot, which will be beneficial for both foot types.

E) Anti-inflamatories: Icing the heel or plantar fascia will reduce pain; I recommend icing approximately six to eight minutes prior to running and twelve to fifteen minutes after.

F) Running Surfaces: In general, running on softer surfaces will help reduce shock and will be especially beneficial for the Type II foot and to some degree for Type I, although too soft a surface, such as sand, will cause the Type I foot to pronate excessively and flatten.

If your symptoms don't resolve, I recommend that you seek out professional help from a sports podiatrist or orthopedist who will perform an in-depth evaluation of your problem. In general heel spur syndrome is easily treated and with good results. It may be necessary to take an X-ray to evaluate the heel spur and rule out a more serious condition. Occasionally a cortisone injection is needed to reduce the swelling and pain. Prescription ortho-ics have been extremely successful in treating heel spur syndrome.

Keep running.

Editors Note: Dr. Richard McGarry has been involved in sports medicine for the past five years and stresses preventative medicine and home care treatments. He currently has offices in both Monterey and Salinas. Future articles will cover topics such as shin splints, runners knee, aerobics... We thought his articles might be of interest to our physically active community.

Local Hospitals Install New X-ray Equipment

The installation of new x-ray technology at Monterey Peninsula Hospital and Community Hospital of the Monterey Peninsula will permit a sharp reduction in patient radiation exposure, according to James E. Rasband, M.D., chief radiologist for the hospitals.

"The radiologist's objective is to use as little radiation as possible while still producing a readable X-ray," says Dr. Rasband. "There have been constant advances over the years toward reducing the amount of radiation exposure from X-rays, and our two hospitals have now switched to a system that will provide an even greater reduction."

The new system combines DuPont's Quanta III intensifying screen and Cronex-7 x-ray film. An intensifying screen is a thin sheet of phosphorescent material placed between the patient and the x-ray film. The screen changes x-rays to light rays that are more easily seen on the x-ray film.

The system will reduce radiation dosage to the patient in most examinations by 50 percent without sacrificing image quality, according to Dr. Rasband. "It will also enable us to increase x-ray tube life and thus help hold the line on hospital costs," he said.

Both hospitals together annually x-ray about 33,000 patients, totaling more than 48,000 separate x-ray examinations.

Someone IS There

Sometimes it is hard to deal with feelings of depression. There doesn't seem to be a reason for anything, and there is no one that understands the hurt and loneliness. There IS someone that you can talk to. All you have to do is dial the number 649-8008 and you will find someone that cares and is waiting to hear from you. The suicide prevention center is there to help any time of the day or night.

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This message is brought to you by the Suicide Prevention Center of Monterey County.

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EYE-deas

by Drs. Irving and Kim Hartford

Vision And Driving Safe

Safe driving is a serious responsibility and no simple task, especially with winter approaching. Every day, driving becomes more complex. One clue to driving safety that stands out clearly is good vision.

Clear, comfortable and efficient vision is important since a high percentage of driving decisions are based on what is seen, or not seen. Therefore, anything less than the best possible vision may have serious consequences. When driving, your eyes must help gather many types of information using the following visual skills:

• Visual Acuity. A measure of the ability to see details of moving objects and road signs clearly, particularly at a distance.

• Peripheral Vision. The ability to see many objects in a large area without moving your eyes or head, or the ability to "see out of the corner of your eye."

• Depth Perception. The ability to judge the distance of an object or the relative distance between two objects.

• Night Vision. The ability to see under dimly lit conditions.

• Glare Resistance. The ability to see in the presence of glare and quickly recover from its effects.

• Eye Coordination. The ability to point to both eyes at the same object quickly, easily and automatically.

• Color Perception. The ability to recognize and distinguish various colors.

Changes in vision often go unnoticed. A periodic "safety check" in the form of a professional eye examination makes good sense. To drive safely, you must know your visual capabilities and your limitations so you can compensate for them.

You are the most vital element in the driving environment. Through vision, you gather most of the information needed to make driving decisions. For example, you see a distant object, recognize it as a stop sign, evaluate your speed and stopping distance, decide to apply the brakes, and finally, move your foot to the brake pedal. Vision starts it all.

Driving decisions take time. And since most decisions start with what you see, good vision is an important part of your driving skills. If eyeglasses or contact lenses are prescribed to improve vision, wear them. Improving your vision gives you more reaction time because you may see the hazard sooner.

Check the vehicle in your driveway. Keeping it in proper condition is important to safe driving. Dirty headlights or electrical problems may cause a decrease in needed light, which makes night driving more difficult. Headlights should be kept clean, functioning well and correctly aimed.

Night or day, glare can make driving difficult. Although there are various types, glare is basically an extreme contrast of light brightness that interferes with vision. The ability to cope with glare and recover from its effects can be reduced by age, uncorrected refractive errors (vision problems caused by the eye's optical structure) and disease. Sunglasses may help in sunlight, however, they should never be worn at night as they eliminate too much needed light.

Scratched, pitted or clouded windows distort the picture of what's around. Windshield washer and wiper blades should do their job without streaking. Interior window surface should also be kept clean. Mirrors, inside and outside, should be adjusted so you can see the cars and the roadway behind you.

To be continued in the next issue.

Crisis Hot Line Will Be Available During Holidays

A 24-hour Crisis Hot Line will be offered by The Recovery Center of the Monterey Peninsula this holiday season, to provide free telephone counseling to those with drug or alcohol problems.

"Every year drugs and alcohol are consumed in excess during the holidays, and we don't expect this year to be any different," says Lloyd Parker, Recovery Center program director. "Our counselors will be ready with advice and direction for those who are addicted, or for the family members of those with chemical dependencies."

Consumption of drugs and alcohol increases during the holidays because of the amount of stress and intensity of emotions associatied with the season, says Sandra Ivory, coordinator for The Recovery Center's Family Program. "It's a time when you're supposed to have it all just perfect," she says, "the right family, the right tree, the stockings, the fireplace and just the right number of logs in the fireplace. If you don't feel like you're getting it right, you drink to relieve the guilt, the anxiety."

In addition, says Lloyd Parker, society gives its permission for excessive drinking during the holidays. "You get less control from family and friends, and you're actually encouraged to drink too much," she says. "You hear that people drink to relieve the 'holiday blues,' so yo use that as an excuse to drink too much."

Drinking or taking drugs in order to cope is considered a warning signal that alcohol or drugs could be or could become a serious personal problem. "Feelings are very intense during the holidays," says Parker. "Guilt, resentment, fear, financial insecurity, loneliness—they're all magnified this time of the year, and many people drink to cope with those feelings."

More dramatic warning signals include family violence, bizarre behavior, seclusion or isolation, and certian physical impairments.

The census for many drug and alcohol treatment centers goes up in January and February, according to Parker. Though most people wait until after the holidays to seek treatment for chemical dependency, she suggests that the best time to treat the problem is when the warning signals are evident, and they are likely to be most evident during the holidays.

Those who suspect that they might have a problem with drugs or alcohol are advised to call The Recovery Center's Crisis Hot Line at 373-0924. Family and friends concerned about the behavior of loved ones are also advised to call.

HELP YOUR HEART

American Heart Association

As millions of Americans sip their spiked egg nog and other alcoholic beverages this holiday season, some may feel a little "high." How does alcohol produce the euphoria that so many people enjoy? It may reduce blood flow in our brains. A new study suggests that even small amounts of alcohol may curtial blood flow to the point that some brain cells do not get enough oxygen to function properly.

"Based on our animal experiments, we believe that alcohol makes us euphoric and lightheaded because it constricts blood vessels in the brain, thus reducing blood flow to the point that some neurons are starving for oxygen," reported Burton M. Altura, Ph.D. A professor of of physiology at the State University of New York Downstate Medical Center in Brooklyn, Dr. Alutra made the report in November (1981) to the 54th Scientific Sessions of the American Heart Association.

Dr. Altura and his wife, Bella T. Altura, Ph.D., associate professor of physiology, used a system incorporating a high-powered microscope and a television camera to look at the reaction to alcohol of tiny blood vessels in the brains of rats. They found that when they increased the dose of alcohol, blood flow in the rat's brain was decreased. Even small doses produced some narrowing of blood vessels.

"Alcohol can be lethal," he says. "Cutting off the blood supply to the brain cells that regulate breathing can result in death."

The two researchers also have studied blood vessels from other parts of the rat's body. Only high concentrations of alcohol produce narrowing in vessels not from the brain, Dr. Altura reports, adding: "The vessels of the brain appear to be unique in their high degree of sensitivity to low concentrations of alcohol."

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Carmel Valley Natural Food News

I've recently attended another seminar led by Jeffrey Bland, Ph.D. in Nutritional Biochemistry. His topic, "Assessing and Managing Biochemical Individuality" covered information of encyclopedic proportions. He spoke of the many document supported uses of nutrients in therapeutic doses.

One example he cited regarded post-menopausal bone loss which he says can be improved by increasing calcium intake. "The recent evidence that post-menopausal women are suffering from fairly remarkable bone loss that can be offset in part by improving calcium intake at therapeutic doses," he said. He also stated that, "the even more recent studies indicating that pre-menopausal, exercising sports-women are losing calcium from their bone at the same rapid rate as post-menopausal women and are at potential risk to a disorder called osteoperosis in mid-life as a result of this alteration in calcium metabolism through endocrine changes due to the exercising program."

In furthering his belief of therapeutic use of vitamin supplements, Dr. Bland said "I think all of you know of the fine contributing efforts made by Dr. Pauling and Dr. Cameron in ther books *Vitamin C and the Common Cold* and *The Flu and Vitamin C and Cancer* as it relates to the enhancement of human immunity through the therapeutic use of vitamin C at dose greater than 1,000 mg per day." Thirdly, he added, "we know about the excellent work done on the use of therapeutic zinc in the treatment of growth and developmental retardation in adolescents. We know from Dr. Walter Pories about the use of zinc in wound healing and its role in enhanced immunity through improved T-lymphocyte functions. We know about oral contraceptive-induced depression and its management by therapeutic doses of vitamin B_6."

"Recently, the work by Dr. Robert London and his colleagues on the use of supplemental vitamin E in the treatment of fibrocystic disease of the breast in women (cystic mastitis), or tender breast syndrome, often associated with the period has received considerable attention. Recently published reports also indicate that hypertension or elevated blood pressure is responsive to calcium and magnesium supplementation. And then, lastly, some very interesting evidence in the last couple of years that children with various behavior disorders, hyperkinetic personality types, and attention-span difficulties respond to supplementation with high potency B-complex vitamins. These are some notable examples of where nutritional therapeutics have been applied to health enhancement, and have shown benefit without risk to adverse side affects," said Dr. Bland.

Since this is only a small portion of what Dr. Bland covered during the seminar you can inquire at the Carmel Valley Natural Foods Store for more information from me.

Happy Holidays
Blair

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Zimmermann continued from page 17

again, and it works as well in the international markets as it does in the U.S. when permitted to play.

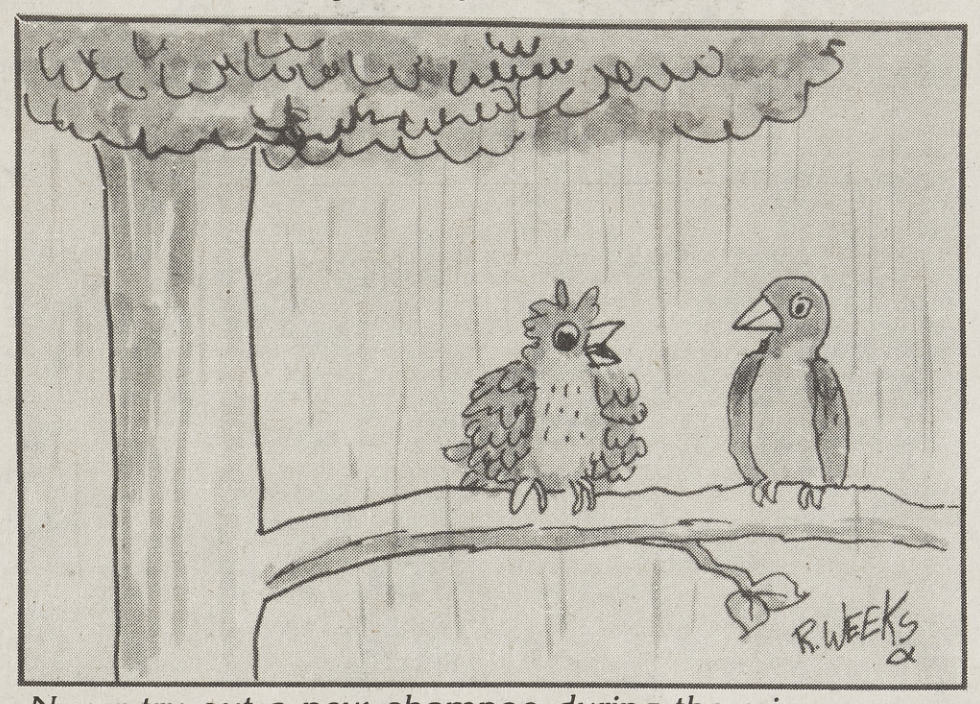
Is the scenario likely? In the absence of a major war in the Middle East or Latin America, the answer is an unconditional "yes." If war erupts, or is contrived to erupt as, for example, under some guise to stop encroachment upon Israel by Arab forces, all bets are off, and oil prices could be expected to increase once more.

Perhaps we have all learned something from the last round of increases. Perhaps a more rational "one world" economic approach is now feasible.

Guild Members Raise Funds For Famine Victims

Carmel Valley Community Chapel members and friends have generously responded to an appeal for funds to help relieve widespread famine in many parts of Africa. In a special offering taken on two Sundays this month, the congregation collected a total of $1,738.50. According to the Chapel's Co-Pastors, The Rev. Anne Swallow and The Rev. John-Paul Beaudoin, this money is being channeled through the Carmel Chapter of the American Red Cross.

Out In The Valley by Rodger Weeks



Never try out a new shampoo during the rainy season.

WHERE THERE'S SMOKE

by the Fire Department Staff

Running is one of the safest sports in which a person can participate. To date some 40 million Americans are running and the number is increasing. Many runners choose to run because they believe it is an excellent way to tone the body, increase energy, and shed those unwanted pounds. However, like all sports, running has some risks, but the risks to personal safety can be minimized if the runner uses common sense. It is important to recognize dangerous situations and avoid them. If these perils cannot be avoided, then the runner shoud be prepared to deal with them when they occur.

The following are some suggestions to help the enthusiastic runner land safely on his or her feet:

1. REMEMBER WHO YOU ARE: A pedestrian. This means you are required to obey all pedestrian laws. Run with automobiles as though your life depended on it; it does.

• When you have to run on the road, jog facing oncoming traffic. Run on the outside of blind curves. Keep in mind that these precautions just mean you can see the cars better, not that the drivers can really see you.

• Yield to vehicular traffic! A pedestrian doesn't have the right-of-way in roadways except under certain conditions, as when crossing with traffic signals.

• Don't cross against traffic lights, and use crosswalks to cross the street.

• Never assume you have the right-of-way at an intersection even if you actually do, wave the driver through and try to get eye contact to be sure he or she really sees you.

• Give the driver room to operate. Step off the roadway until the car or truck passes.

• When you're with others; don't jog abreast on roadways; run in single file. Don't make a motorist swerve into the other lane to avoid a group of joggers.

2. BE VISIBLE: Wear a flourescent vest and reflective tape. Light clothing helps, but it won't guarantee visibility. Don't reserve your reflective clothing for nightime use; safety gear should be used at any time, on any roadway.

• If you must run at night, travel in well-lighted areas and carry a flashlight This will help you see where you're going and will help others see you.

• Warn other pedestrians and bicyclists of your approach. Say "excuse me" when you're approaching from behind and "on your left", etc., so they know you're going to pass them. Be courteous.

3. KNOW YOUR ROUTE: Be careful where and when you jog.

• Drive over your route, if possible, and note its characteristics. Are there sidewalks? Potholes? Vicious dogs? Heavy truck traffic and busy intersections? Streetlights?

• Avoid heavily traveled roads. If you must run during commuter hours, avoid streets you know will be congested.

• Let others know the route you will be traveling and how long you plan to be out jogging.

• Never run alone on deserted streets or in unfrequented areas.

• Look for public phones or buildings on your routes, where you could call for emergency help.

4. BE PREPARED: Wear identification. There are a variety of ID cards, bracelets, chains, and badges available, listing anything from name and address to pertinent medical history. At least pin your name, address and phone number to your running shorts for identification in an emergency.

• Be alert! Always be ready to jump off the road if necessary.

• If you hear a car or footsteps, look behind you and assess the situation.

• Watch for potential troublemakers. Don't provoke them. If you see something suspicious ahead, alter your route.

• Keep your head up and eyes open as you run; people tend to drop their heads as they become tired, which cuts down on their line of vision.

• Keep your cool. Remember that fatigue can change your attitude. Save your long, meditative runs for jogging trails or the track and stay on your toes in the street.

Reprinted from: Training Bulletin Prince George's County, MD Fire Department.

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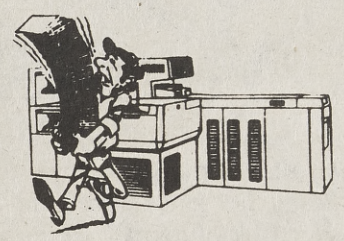

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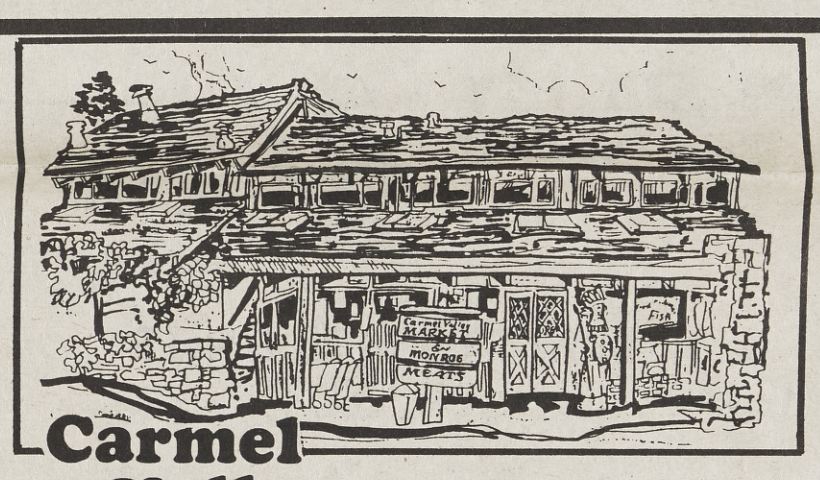

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Early Times Liter was $9.19 **Now $8.99**
Old Crow Liter was $9.15 **Now $8.65**
Carmel Valley Liter **Now $6.99**

WINES
Junot **$2.59**
Red or White French Table Wine
Robt. Mondavi **$6.99**
1.5 Red or White Table Wine
Taylor California **$3.79**
Carmel Valley Champagne **$3.19**

FREE GIFT WRAPPING

SCOTCH
Dewars 750 Size was $13.65 **Now $12.25**
Carmel Valley 750 Size **Now $5.69**

VODKA
Carmel Valley 175 Size **Now $9.44**
Fleischman Liter was $6.99 **Now $5.85**

CORDIALS
Gift Pak
Kahlua with Godiva Chocolate Cups **$10.95**

COLLECTOR DECANTORS
Hoffman, Beam, Cyrus, Noble, and more.

LOCATED IN THE VILLAGE BEHIND WILL'S FARGO AND THE TEXACO STATION • HOURS 8:00 A.M. to 8:00 P.M.
SUNDAY 8:00 A.M. to 7:00 P.M.

Free Delivery in the Village

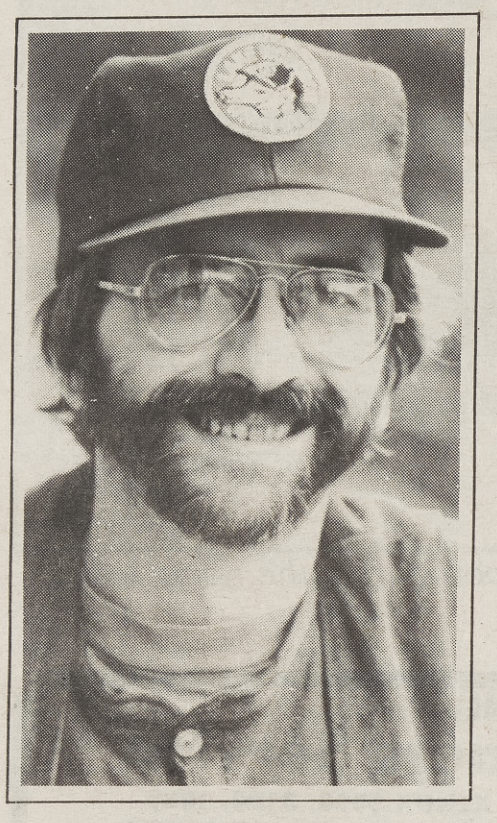
Ben Artellan, Manager
(formerly of Liquor Barn)

Randy Randazzo, Owner

VALLEY VOICES

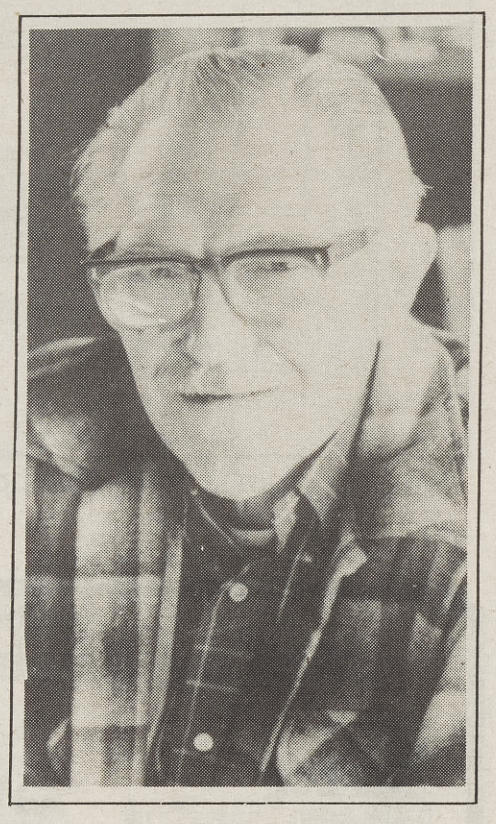
Photos by Debi Effron.

How do you deal with anger?



Rob Bridges

"I deal with anger by humor. Humor will make most problems seem easier to bear. Anger is humor directed inward. So I direct it outward."

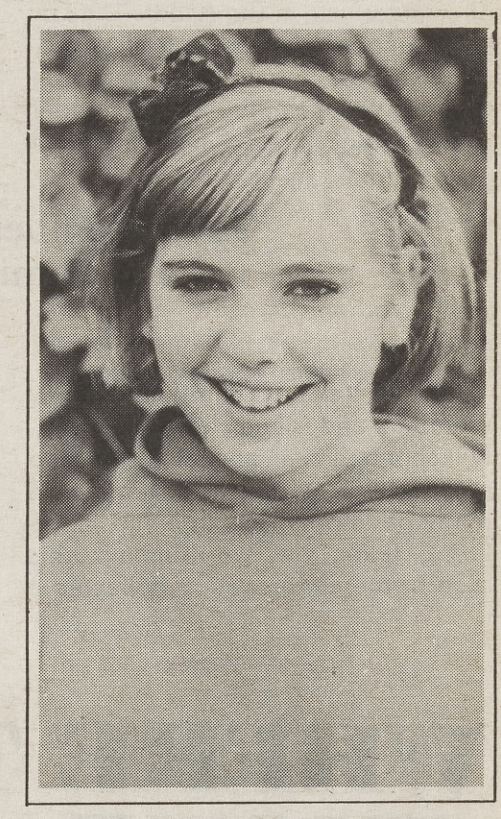


Don French Jensen

"I live by one of my Grandad's old philosophies. I got mad once and it didn't do me a bit of good."

Janet Sommerville

I best deal with anger later; when everyone's calmed down."



Christine

"I don't think it helps me to take out the anger I have. I try to let it out by doing something that takes it off my mind. Because if I do take out my anger, I usually take it out on someone else that wasn't even involved."

VALLEY VILLAGE SELF STORAGE

MINI-STORAGE UNITS

5x5, 5x10, 10x10, 10x15,
10x20, 10x30, 10x35

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Third Level
Carmel 625-0626

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7 Delfino Place, Carmel Valley 659-5472

EXPRESSIONS

Samarkand

by Jack Fox

A locomotive whistle is a wild and lonesome sound
That calls across the valley from the other side of town.
I hear it now at evening, as I heard it once before.
It's calling me to Samarkand, and that's in the Land of Lhor.

I heard it first when just a lad. I think that I was nine
And spending spring vacation not far from the Erie Line.
It called to me at evening: "it's time, my boy, to roam."
I packed up my imagination, but my shoes remained at home.

I've sailed around the world on books and let my mind expand;
But I never returned or ever yearned for dreams of Samarkand.
Then once again I heard that locomotive—calling soft and low.
The echo of its sound recalls great dreams each child must know.

Now locomotive whistles and freight trains one-mile long
Are never heard by nine-year olds, and that is surely wrong!
'cause I heard one last evening—a sad tormented call:
All aboard for Samarkand." My spring has summered into fall.

**

Beyond that range of hills ahead, across the valley below,
I'll find again that land I left so many years ago.
I see no tracks. I smell no smoke, for now I am a man;
But within me whispers that woesome whistle: "Welcome back to Samarkand."

Reminisence

by Philip Childress

Aunt Billie Jean asked, "I'm fixing myself a gin and 7-up; do you want me to fix you one?"

At Grandmother's farm in Coleman County, Texas all the children and grandchildren had gathered for the Thanksgiving Day celebration and yearly fight. Usually this is a boring affair for a nine year old boy. This year was to be different.

"Yes", I answered.